

Does My Child Have Low Immunity? Question I Hear Almost Every Day

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One of the most common concerns parents raise in clinic is:

"Doctor, can we check my child's immunity with a blood test?"

It is a very understandable question—especially when a child seems to be unwell again and again. The reassuring truth is that healthy children can have 6–8 viral infections a year, particularly in the preschool years. Children in daycare or school may have even more. In many cases, these infections are simply part of how the immune system learns and strengthens.

As Pediatricians, our role is to tell the difference between normal childhood infections and the rare child who may have an underlying immune problem.

Most children do not need blood tests just because they have frequent coughs, colds, or fevers.

What matters first is a careful history and a thorough physical examination. We think more about immune deficiency when a child has:

- Poor growth or failure to thrive.
- Recurrent serious bacterial infections needing repeated hospital admissions.
- Deep or invasive infections.
- Persistent oral thrush beyond infancy.
- A strong family history of immune deficiency.

If these warning signs are not present, reassurance and follow-up are often all that is needed.

Medicine offers many investigations, but good care is not about doing more tests—it is about doing the right tests for the right child at the right time.

That is the balance we strive for every day as paediatricians.

Sometimes the most important assessment is not a blood test—it is listening carefully to the child's clinical history.

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