



Zara and the Super Shield!



Getting vaccinated with the Measles-Rubella (MR) vaccine helps children stay strong, healthy and happy just like superheroes!



Meet Zara

Zara is a cheerful 7-year-old girl who loves to dance, play football, and eat yummy mangoes. She dreams of being a superhero one day!



Zara Gets Sick

One morning, Zara wakes up with a fever and rash on her face. "Mama, I feel so hot," she says. Her mother takes her to the clinic.

The doctor frowns, "Zara has measles."



Quiz Questions (for Quiz Showdown)

1. What signs did Zara wake up with?
 - A. Swollen face
 - B. Fever and rash
 - C. Flu and Headache
 - D. Sunburn and Mosquitoes



What are Measles and Rubella?

The doctor tells Mama, "Measles is a serious illness that causes high fever, cough, and a rash, and it spreads very easily. Rubella is usually milder but can be dangerous for unborn babies if a pregnant woman gets it. Vaccines protect children and others from these diseases."

The Super Shield

Later, Zara sees other children at the clinic getting something called a **Measles-Rubella (MR) vaccine.**

"What's that?" she asks. "It's your Super Shield!" says Nurse Amina. "It helps your body fight off measles and rubella."



Quiz Questions (for Quiz Showdown)

2. How do vaccines help children?
- A. They make you taller
 - B. They keep you safe from diseases
 - C. They help you run faster
 - D. They teach you to read



The Jab

Zara watches her 4-year-old brother, Musa, get the MR vaccine. He winces a little but smiles bravely. "It didn't hurt much!" he says. Zara says, "I want my Super Shield too!"



Zara's Super Moment

After 14 days, Zara gets her vaccine, the nurse tells her it is for children aged 9 months to 14 years. she tells Zara she is now a superhero for protecting other children in her community.



Quiz Questions (for Quiz Showdown)

3. At what age should children get vaccinated against measles and rubella?

- A. 1 day
- B. 9 months
- C. 2 years
- D. 10 years

Zara Learns More

Nurse Amina explains, "Measles and rubella are sicknesses caused by viruses. Measles can make you feel very bad with a high fever, cough, and a rash all over your body. It can sometimes make kids very, very sick. Rubella is also a sickness with a rash, but it's usually milder. However, if a pregnant woman gets rubella, her baby can be born with serious health problems. That's why getting a vaccine is super important to keep everyone safe!"



Back to School

When Zara returns to school, she tells her friends about the Super Shield.
"Let's all be health heroes!"
they cheer.



Key Messages for Children:

- Measles and Rubella are serious diseases that make you very sick.
- The Measles Rubella vaccine gives you a strong "Super Shield" to protect your body.
- Getting vaccinated helps protect your friends, family, and schoolmates too.
- Vaccines are free, safe and makes you a health hero.
- Even if you've had the measles vaccine before, you can still get the measles-rubella vaccine to help protect you even more.
- Tell all your friends, mummy and daddy about the Measles Rubella vaccine.

Quiz Answers (for Quiz Showdown)

- What does the MR vaccine protect you from?
B. Fever and rash ✓
- How do vaccines help children?
B. They keep you safe from diseases ✓
- At what age should children get vaccinated against measles and rubella?
B. 9 months ✓

National Schedule for Routine Immunization

Immunization is the most cost-effective way of protecting children from preventable childhood diseases.

Minimum Target Age of child	Type of Vaccine	Dosage	Routine of Administration
At birth	BCG	0.05ml	Intradermal
	OPV0	2 drops	Oral
	Hep B0 birth	0.5ml	Intramuscular
6 weeks	Pentavalent (DPT, Hep B and Hib)1	0.5ml	Intramuscular
	Pneumococcal Conjugate Vaccine1	0.5ml	Intramuscular
	OPV1	2 drops	Oral
	Rota1	5 drops	Oral
	IPV1	0.5ml	Intramuscular
	Pentavalent (DPT, Hep B and Hib)2	0.5ml	Intramuscular
10 weeks	Pneumococcal Conjugate Vaccine2	0.5ml	Intramuscular
	OPV2	2 drops	Oral
	Rota2	5 drops	Oral
	IPV2	0.5ml	Intramuscular
14 weeks	Pentavalent (DPT, Hep B and Hib)3	0.5ml	Intramuscular
	Pneumococcal Conjugate Vaccine3	0.5ml	Intramuscular
	OPV3	2 drops	Oral
	Rota3	5 drops	Oral
5 months	IPV2	0.5ml	Intramuscular
6 months	Malaria vaccine1	0.5ml	Intramuscular
6 months	Vitamin A 1st Dose	100,000IU	Oral
6 months	Malaria vaccine2	0.5ml	Intramuscular
7 months	Malaria vaccine3	0.5ml	Intramuscular
9 months	Measle-Rubella 1st dose (MR1)	0.5ml	Subcutaneous
	Yellow Fever	0.5ml	Subcutaneous
	Meningitis Vaccine	0.5ml	Intramuscular
12 months	Vitamin A 2nd Dose	200,000IU	Oral
15 months	Measle-Rubella 2nd dose (MR2)	0.5ml	Subcutaneous
	Malaria vaccine4	0.5ml	Intramuscular
9 years	HPV	0.5ml	Intramuscular
Women	Td1: At first contact or as soon as possible during pregnancy Td2: At least 4 weeks after Td1 Td3: 6 months after Td2 or during the following pregnancy Td4: 1 year after Td3 or during the following pregnancy Td5: 1 year after Td4 or during the following pregnancy	0.5ml	Intramuscular