



PREVENTION OF INFECTIOUS DISEASES IN CHILDREN

Abdurashidova Muxarramxon Sirojiddin qizi

Student of Pediatrics, Group 25-06

Kokand University, Andijan Branch

Email: muxarramxon@gmail.com | Tel: +998 50 570 75 12

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ABSTRACT

The article explores the problem of infectious diseases among children and the importance of their prevention. It analyzes the main causes of childhood infections and outlines preventive strategies such as vaccination, hygiene, and proper nutrition. The study also presents statistical data from international and national sources, highlighting the effectiveness of preventive measures in reducing morbidity and mortality. The article concludes that joint efforts of parents, healthcare professionals, and the state are essential for protecting children's health and building a healthy future generation.

Childhood is one of the most vulnerable stages of life because the immune system is not fully developed, making children more prone to infections. Diseases such as measles, diarrhea, pneumonia, and influenza are still among the leading causes of child mortality worldwide. According to the World Health Organization (WHO), more than 5 million children under the age of five die annually, most of them due to preventable infectious diseases. In Uzbekistan, pediatric healthcare is a state priority, and effective programs on immunization, sanitation, and parental education have been introduced. However, continuous improvement and awareness are required to reduce risks further.

1. Causes of childhood infections

Weak or underdeveloped immune system.

Poor sanitation and hygiene practices.

Incomplete vaccination or missed immunization schedules.

Malnutrition and lack of essential vitamins.

Close contact in schools and kindergartens, leading to rapid transmission.

2. Preventive strategies

Vaccination – The most effective and cost-efficient preventive measure. Uzbekistan's immunization program covers over 95% of children.

Hygiene and sanitation – Regular handwashing with soap and clean water reduces diarrheal diseases by up to 40% (UNICEF, 2021).

Proper nutrition – A balanced diet rich in proteins, vitamins, and minerals strengthens immunity.

Health education – Parents and teachers play a key role in early detection and teaching preventive habits.

Public health measures – Quarantine, awareness campaigns, and monitoring during outbreaks prevent the spread of diseases.

3. Role of medical professionals and students

Future pediatricians must not only treat but also actively work on prevention. Medical students are expected to participate in immunization campaigns, educate families, and spread awareness about hygiene and disease prevention.

Statistics and Evidence

WHO (2023): Global vaccination saves nearly 4 million children's lives annually.

Ministry of Health of Uzbekistan (2022): Child mortality from infectious diseases under age five decreased by 45% in the last decade.

UNICEF (2021): Access to clean drinking water and sanitation prevents up to 30% of diarrhea-related child deaths.

Infectious diseases in children remain a global and national challenge. However, timely preventive measures such as vaccination, hygiene, nutrition, and education can significantly reduce their impact. Protecting children's health requires cooperation between parents, doctors, educators, and policymakers. For medical students specializing in pediatrics, adopting preventive principles is essential for creating a healthier generation in Uzbekistan and beyond.

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