

COMMUNITY IMMUNITY OF KIDS

DR SAURABH VYAS

Abstract

BACKGROUND: According to studies done by Indian academy of pediatrics, kids who get healthy full mixed diet, kids who have lesser screen time and kids who are close to nature, have better immunity.

OBJECTIVE: Improve community immunity of kids, using the basic principles of improving immunity of kids.

METHOD:

1. Governments should ban fast foods, junk foods and soft drinks.
2. Governments should ban use of gadgets for kids less than 21 years.
3. Governments should do plantation inside each and every residential premises.

RESULTS:

A better community immunity of kids can be established if governments ban unhealthy foods, ban use of gadgets for kids less than 21 years and do plantation at residential premises

CONCLUSION:

A better community immunity of kids can be developed by giving healthy full mixed diet to the kids, zero screen time for kids less than 21 years and creating residential gardens for kids

Biography:

DR SAURABH VYAS (DR SAVY), MBBS DCH, Pediatrician and Neonatologist (Philanthropist). National Faculty, Facility Based Newborn Care (FBNC), NNF. Faculty, Developmentally Supportive Care (DSC) NICU, NNF. Member Accreditation Committee, NNF. Member Health Education Committee, NNF. Chairperson, World Neonatology Conference, INA, NNF, Neocon. National Faculty, Advanced Neonatal Resuscitation Program (NRP), IAP, NNF, AAP,

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Citation : DR SAURABH VYAS; COMMUNITY IMMUNITY OF KIDS; Pediatric Critical Care 2021; May 28, 2021; London, UK.