

ALLERGY VACCINE PRODUCTION LABORATORY

Allergy occurs when a person's **immune system** reacts to substances in the environment that are harmless for most people. These substances are known as **allergens**.

Allergens are found in dust mites, pets, pollen, insects, ticks, molds, foods and some medicines.

Immunotherapy

Immunotherapy or allergy shots is one way for the treatment of allergy. Allergy shots help your body get used to allergens, the things that trigger an allergic reaction. It'll contain a tiny amount of the thing you're allergic to like pollen, pet dander, mold, dust, or bee venom, for example. By using small amounts of allergens, the human immune system gets used to the allergens that cause the reactions. So within a few months the patients have less symptoms and within a few years may no longer suffer from an allergy.

Types of Allergen Extracts Vaccine

Allergy Vaccine Production Laboratory at National Institute of Health, Islamabad is manufacturing vaccine against 14 allergens of different categories which include dust, food and pollen allergens. All allergen extract vaccines are manufactured in 4 potencies from 10^{-3} to 10^{-6} .

Food Allergens include chicken, mutton, beef, fish and egg.

Dust Allergens include dust, cotton and thresher dust etc.

Pollen Allergens include 29 different types of pollens against which vaccine is manufactured.

Dosage

The dose will go up gradually until you get to what's called a maintenance dose. After that, you'll usually get a shot every 2-4 weeks for 4-5 months. Then your doctor will gradually increase the time between shots until you're getting them about once a month for 3-5 years. During that time, your allergy symptoms, will get better and may even go away.

Contraindications

- 1- Child below 12 years of age and adults above 50 years of age should avoid it.
- 2- In case of fever.
- 3- During the recovery phase after an illness.
- 4- For chronic diseases or infections.
- 5- When the response to a vaccine has previously been negatively strong.
- 6- In mental and physical disability cases.
- 7- In case of Pregnancy.
- 8- Immunocompromised personnel should also avoid vaccination.

Precautions

- 1- Use as per physician's directions.
- 2- Freezing is strictly prohibited.
- 3- Do not use the vaccine if it contains any foreign substance or the container is leaking.

Packing, Expiry and Storage

Vaccine is packed in a vial containing 10ml (approx..12 doses) having a shelf life of 6 months.

It should be stored at temperature range of 2-8°C.