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世界强化免疫日主要是为消灭脊髓灰质炎而设立的。脊髓灰质炎是因脊神经受脊灰病毒感染后引起的一种严重传染性疾病。及时接种疫苗是预防脊灰等传染病最有效的方法。

免疫是通过接种疫苗等生物制剂从而达到预防和控制一些容易感染的疾病的目地，而强化免疫则是对常规免疫的加强。世界免疫强化日的设立不仅对宝宝健康意义重大，更体现了全世界人们和医学界人士对儿童健康的关爱和努力。