PROTECT YOUR CHILD FROM PNEUMONIA

Picture of child being immunised against pneumonia taken at Chimanimani Hospital, Chimanimani District, Zimbabwe

WHAT IS PNEUMONIA?

It is a severe infection of the lungs which mostly affects children under the age of 5 years, especially those below 2 years.

WHAT CAUSES PNEUMONIA?

Germs called bacteria or viruses usually cause pneumonia. Infection is spread from one person to the other by breathing in the germs from someone with a cough.

WHO IS AT RISK OF GETTING PNEUMONIA?

- A child who stays in crowded and polluted places.
- A child who is not immunised.
- A child with a weak immune system such as is caused by HIV.
- A premature baby.

Produced by the Ministry of Health and Child Welfare (Health Promotion Unit) in collaboration with MCHIP

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HOW DO I RECOGNISE PNEUMONIA IN A CHILD?

Your child may have some of the following:

- Cough.
- Hot body.
- Changes in breathing pattern (for example breathing in fast, laboured, noisy).

HOW IS A CHILD WITH PNEUMONIA TREATED?

- Take the child to the nearest clinic.
- Give medication, food and fluids as instructed by the health care worker.
- Report back to the clinic with your child as instructed by the health care worker.

HOW DO I TAKE CARE OF THE CHILD AT HOME?

- Keep the child warm if they do not have a hot body.
- Continue breastfeeding.
- Give warm fluids.
- Continue giving nutritious foods for children above 6 months.
- Follow the instructions from the health care worker at the clinic.

HOW DO I PREVENT PNEUMONIA?

- Have your child fully vaccinated at the clinic.
- Avoid smoking and cooking inside the house using cow dung or paraffin.
- Wash your hands and your child's hands with soap/ash after using the toilet, before preparing food and eating.
- Exclusively breastfeed (no food or water besides breast milk) for children below 6 months.
- Give your child nutritious complementary foods when above 6 months and continue to breastfeed up to 24months or beyond.

REMEMBER:

- Pneumonia is one of the leading causes of death in children.
- Ensure that your child is protected through vaccination and early treatment.

DZIVIRIRA MWANA WAKO KUCHIRWERE CHEMABAYO

Picture of child being immunised against pneumonia taken at Chimanimani Hospital, Chimanimani District, Zimbabwe

Chii chinonzi mabayo?

- Chirwere chikuru chinowanzobata muchipfuva mevana vari pasi pemakore mashanu kunyanya vana vari pasi pemakore maviri.

Chii chinokonzera mabayo?

- Utachiona ndihwo hunowanzokonzera chirwere ichi.
- Chirwere ichi chinokonzerwa nekufema utachiona uhu kubva kune anenge akosora.

Ndiani ari panjodzi yekuita mabayo?

- Mwana abarwa ari gavamwedzi.
- Mwana ane masoja emuviri mashoma sezvinokonzerwa neutachiona hweHIV.
- Mwana anogara munzvimbo dzakamanikana dzisina mhepo yekufema yakanaka.
- Mwana asina kubaiwa majekiseni anodzivirira zvirwere.

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Ndingaziva sei kuti mwana ane mabayo?

Mwana wenyu anogona kuva ane mabayo kana ane nezviratidzo zvinotevera:

- Chikosoro.
- Kupisa muviri.
- Shanduko pakufema kwake kwemazuva ese (somuenzaniso kufemera pamusoro, kana kufema zvineruzha).

Ndezvipi zvandingaite ndiri kumba?

- Gara nemwana achidziirwa kana asiri kupisa muviri.
- Ramba uchiyamwisa mwana uye kana adarika mwedzi mitanhatu mupe kumwe kudya.
- Ipa mwana zvekunwa zvinodziya.
- Ramba uchipa mwana apfuura mwedzi mitanhatu kudya kwakakwana kuno vaka muviri nekudzivirira zvirwere.
- Itai zvaunenge warairwa namukoti

Mabayo anorapiwa sei?

- Enda nemwana kukiriniki iri pedyo newe.
- Ipa mwana mushonga, chikafu nezvekunwa sekurairwa kwawaitwa namukoti. Dzokera kukiriniki nemwana sekurairwa kwawaitwa namukoti.

Ndingadzivirire sei mabayo?

- Bayisa mwana wako majekiseni ekudzivirira mabayo pasvondo rechitanhatu, gumi negumi nemana (6, 10 and 14 weeks) kubva mukuzvarwa.
- Regedza kuputa fodya nokubika mukati meimba uchishandisa ndove kana parafini.
- Geza maoko ako neemwana nesipo kana dota wapedza kushandisa chimbuzi, musati magadzira chikafu uye pakudya.
- Yamwisa mwana ari pasi pemwedzi mitanhatu mukaka waamai chete.
- Ipa mwana adarika mwedzi mitanhatu kudya kwakakwana kunovaka muviri nekudzivirira zvirwere uye nekuramba uchimuyamwisa kusvika pamakore maviri kana kudarika.

RANGARIRA

- Mabayo ndechimwe chezvirwere zviri pamberi kukonzera ndufu muvana.
- Ona kuti mwana wako akadzivirirwa nekumubayisa uye kana achirwara kumurapisa nekukurumidza.