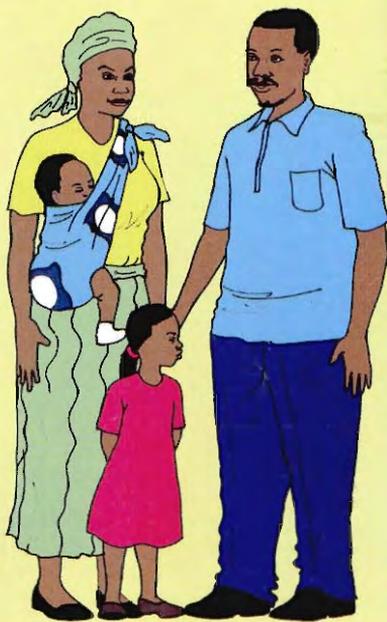


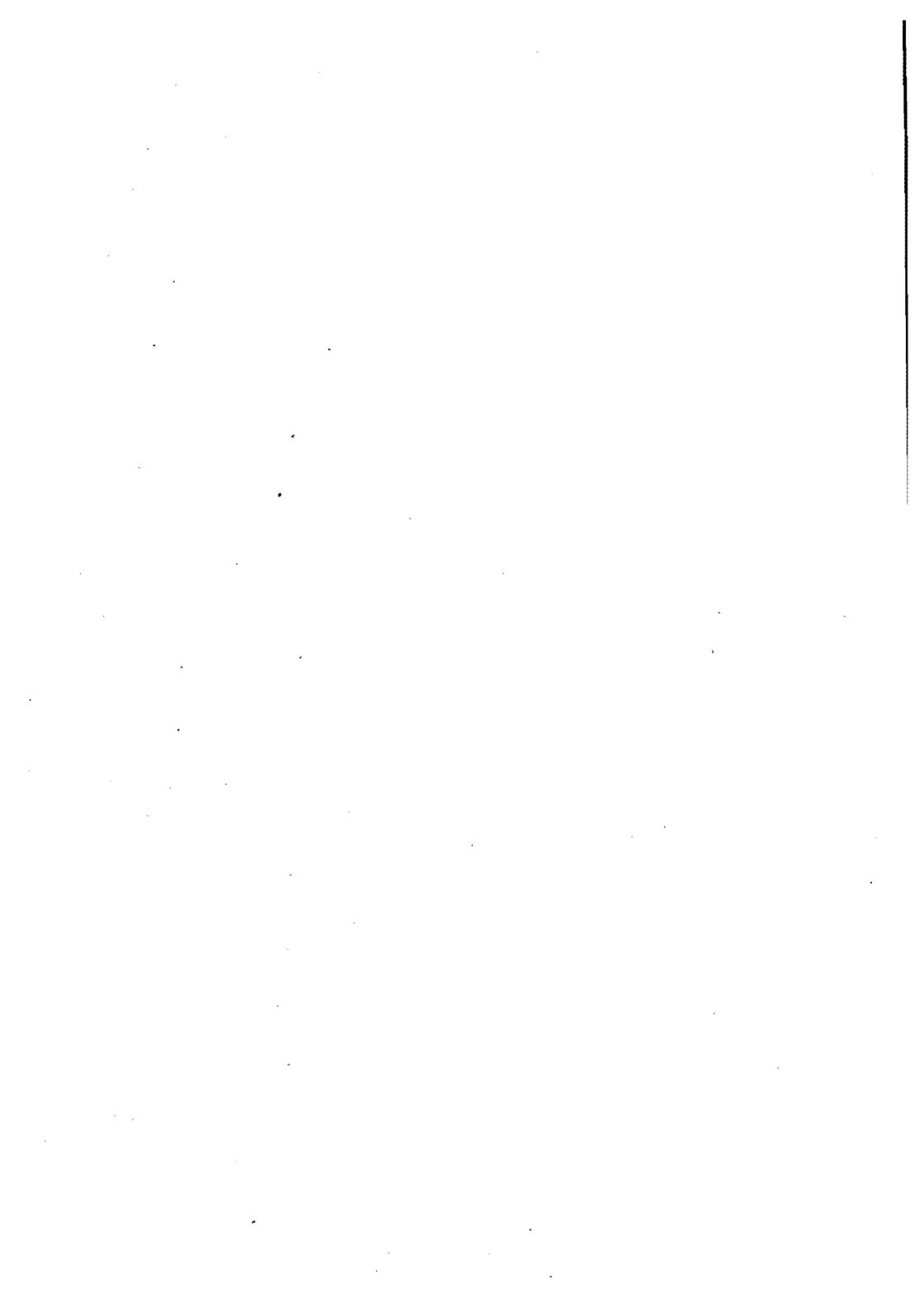
# Your Child's Health Depends on You





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## Healthy Living

### Keeping Infections Away



Wash yours and your child's hands before handling food and after going to the toilet.

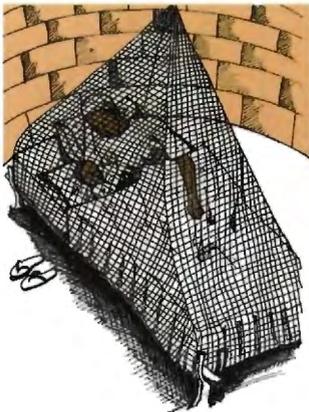
Use a toilet, pit latrine or bury faeces/  
stool.



Do not use lakes, streams or ponds as  
toilets.

Do not bathe or swim in dirty water.

Bury spit and tell anyone who is coughing to cover their  
mouth.



Sleep under an insecticide-treated  
mosquito net (ITN).

## Eating and Drinking



Add **Clorin** to or boil for 10 minutes all drinking water and store in a clean, well covered bucket.



Breastfeed only (without giving other foods or even water) from birth to 6 months.

After 6 months continue to breastfeed as new foods are given.

Wash all fruits and vegetables and/or cook them well before eating.



Eat different types of foods to be strong and healthy.



## Visiting the Health Centre



Go to the health centre for all of your child's vaccinations. They are free.

Take your child for vitamin A supplements at the nearest health centre every 6 months from the age of 6 months to up to 5 years.



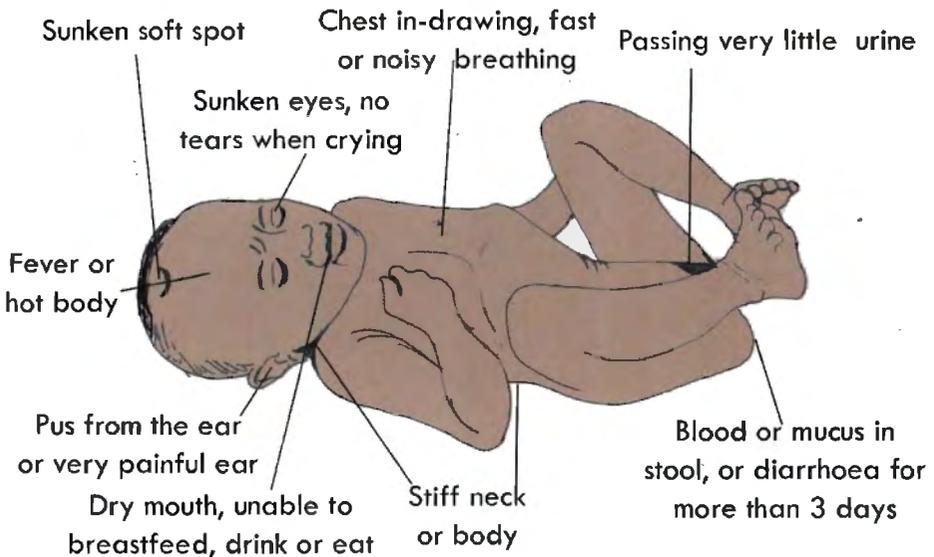
Every 6 months from the age of 1 year up to 5 years take your child for worm medicine at the nearest health centre.



Use family planning for a happy, healthy family.

Take your children to the health centre immediately if they show any danger signs as seen below.

(These and other danger signs are also listed on pages 14, 15 and 17.)



## **Taking your well child to the health centre**

Your child's first health centre visit should be anytime from birth to 13 days. At this visit your child will be weighed and given two vaccinations – one against polio (OPV zero) and the other against tuberculosis (BCG) – and will receive an *Under 5 Card*.





**Vaccinations, Vitamin A, deworming tablets are free, safe and available at all health centres**

✓	Age	What is needed	Protects against
	At birth to 13 days 	Bacillus Calmette-Guérin (BCG) 	Tuberculosis (TB)
		Oral Polio Vaccination (OPV)/OPV zero 	Polio
	6 weeks 	OPV (1) 	Polio
		DPT-HepB-Hib 1 	Diphtheria, whooping cough, tetanus, hepatitis B, haemophilus influenza type B
	10 weeks 	OPV (2) 	Polio
		DPT-HepB-Hib2 	Diphtheria, whooping cough, tetanus, hepatitis B, haemophilus influenza type B
	14 weeks 	OPV (3) 	Polio
		DPT-HepB-Hib 3 	Diphtheria, whooping cough, tetanus, hepatitis B, haemophilus influenza type B
	6 months	Vitamin A (every 6 months up to 5 years) 	Eye disease and other illnesses
	9 months 	Measles 	Measles
		OPV (4) only if birth dose was missed 	Polio
	12 months up to 5 years  	Deworming (every 6 months up to 5 years) 	Worms
		Vitamin A (every 6 months up to 5 years) 	Eye disease and other illnesses

Picture key

					
Scale (babies)	Scale (older children)	Polio drop	Vitamin A pill	Deworming tablet	Injection

**Growth monitoring and promotion** is the weighing of your child once every month from birth to 2 years of age then once every 3 months from the age of 2 years to 5 years. The weight is marked on the *Under 5 Card* to see if your child is growing well. Certain illnesses like HIV, malnutrition and worms inside the body are sometimes difficult to see or detect. So, if your child is not growing well, it helps alert you and the health worker that there is something that may need attention. Measuring your child's height is also important. Not growing taller means your child is not getting enough of the foods to grow strong and healthy. (See food chart on page 10.)



### **Supplementing Vitamin A**

Starting at 6 months up to 5 years, take your child to the health centre every 6 months for Vitamin A. Vitamin A helps children grow, be able to see well, and fight infections.



**Deworming** Take children aged 1 year up to 5 years every 6 months to the health centre for free deworming tablets. This is very important because it is not always easy to see if the child has worms, yet the worms can cause weak blood, or cause poor growth.

**Vaccinations**, also known as immunisations, are the best ways to protect your child from many diseases. Children between the ages of 0 up to 5 years are especially at risk from illnesses. It is better to prevent these diseases than to wait and treat a child who has become ill because even with treatment these diseases can cause permanent damage, disabilities or death. If your child has not received the vaccinations at the recommended times, ask a health worker to advise you on when to bring your child for the needed vaccinations to get them protected against serious diseases.

**BCG** vaccine is given once at birth (if it does not take the first time, it can be given again). It helps to protect against tuberculosis (TB). Tuberculosis is a disease that can affect the lungs, brain, glands and other parts of the body. The most common signs are persistent cough, night sweats, not eating, and fever. If TB is not treated, it can lead to difficult breathing, pain, weakness, and maybe death. TB is easily spread from one person to another.

**OPV** oral polio vaccine must be given by mouth 4 times to protect against polio. The zero dose is given at birth, 1st dose at 6 weeks, 2nd dose at 10 weeks, and 3rd dose at 14 weeks. If the child did not receive the birth dose, he/she should be given the 4th dose at 9 months. Polio can cause paralysis of the limbs and possibly death.

**Measles vaccine** is given after 9 months of age. A child who is sick with measles might have a fever, rash, runny nose, red eyes, a cough, an ear infection, and pneumonia (chest infection). If you do not seek treatment, the child may become seriously sick and die.

**Pentavalent** is a combined vaccine containing DPT-HepB-Hib. It is injected 3 times to build immunity to the diseases. The first time is at 6 weeks, then at 10 weeks, and again at 14 weeks. Pentavalent protects the child against diphtheria, pertussis (whooping cough), tetanus, liver disease (hepatitis), meningitis, and chest infections (haemophilus influenza type B). All of these sicknesses can lead to death if untreated.

1. *Diphtheria* causes fever, sore throat and difficulty swallowing. The danger is that the child could be left with weak eye muscles, difficulty swallowing and breathing, unable to move limbs, and heart damage.
2. *Pertussis* is commonly known as whooping cough. A child suffering from this will have fits of coughing with a whoop at the end, red eyes, running nose, and may cough out very thick sputum or vomit.
3. *Tetanus* causes pain and stiffness of the jaw, difficulty opening the mouth, pain all over the body, and sudden stiffening of the body lasting several seconds. It usually results in death.
4. *Hepatitis B* is a disease of the liver. Common signs include fever, not eating, vomiting and diarrhoea, yellow eyes and skin, pain in muscles and joints, and itching skin.
5. *Haemophilus influenza type B* can cause disease of the membranes around the brain, lungs, blood, joints, bones or heart muscle.

## Healthy Mind Healthy Body

### Things to do at home

Some things that you can do to help your child grow strong and healthy include:

#### 1. Eating a well-balanced diet that is right for the age

A mixed diet contains **energy giving foods**, **body building foods**, fatty foods and **protective foods** to maintain good health.



- 0 – 6 months of age only breastfeed (without giving other foods or even water) your child. (If you are HIV positive discuss breastfeeding with a health worker to help prevent your child from getting HIV.)



- 6 – 12 months of age, 3 meals a day along with regular breastfeeding (foods should be mashed or softened to prevent choking)

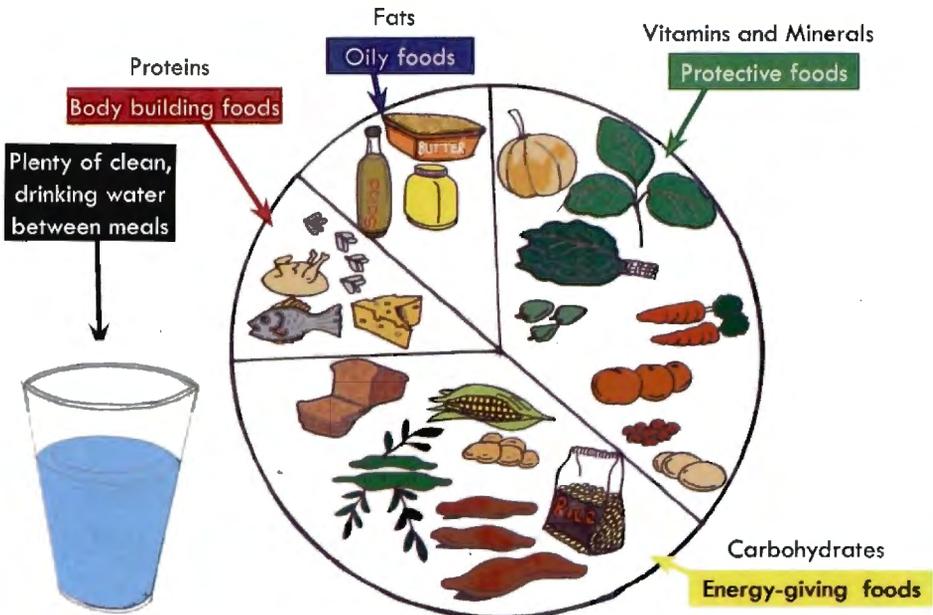


- 12 – 24 months of age, 3 meals a day with 2 snacks, continue breastfeeding



- 2 – 5 years of age 3 meals and 2 snacks a day

Meals should include a mixture of these foods in the portions noted on the plate:



## 2. Prevent your child from getting worms

Worms live in the stomach and intestines of infected children. There the worms eat the food that your child needs to grow or suck your child's blood causing weak blood. Children get infected by worm eggs and larva found in soil and dirty water if they are swallowed or go through the skin.



- Always use the latrine or bury faeces.
- Wash hands after using the toilet, before eating, before preparing food, before breastfeeding, and after changing napkins.



- Wash all fruits and vegetables before eating them.
- Have your child wear footwear (shoes) if possible when playing and walking in the fields.



- Keep the child's fingernails short.

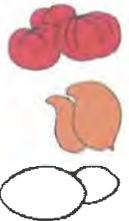


## 3. Eating Foods Rich in Vitamin A

Lack of Vitamin A may cause poor growth, eye disease, night blindness, complete blindness, and poor protection against diseases.



- Eat dark green leafy vegetables (rape, pumpkin leaves, spinach, etc), kapenta, liver, milk, eggs, and yellow fruits and vegetables (ripe mangoes, pawpaw, pumpkin, carrots, yellow sweet potatoes, etc).



#### 4. Getting Your Child Tested for HIV

If you or your partner are HIV positive, it is important to have your child tested for HIV.

- HIV can be passed to your baby during pregnancy, birth or breastfeeding. A health worker can teach you many ways to reduce the chance of giving HIV to your baby. However, it is still important to test your child.
- If your child is HIV positive, proper steps can be taken to keep him or her well. ART (Antiretroviral Therapy) is available for children to help them stay healthy. Talk to your health worker about whether your child should start ART.



#### 5. Family Planning

- Having children at least three years apart gives your body time to recover from the birth. It also helps your child who is breastfeeding get enough milk. Birth spacing helps you provide all the things that a child needs to grow and be healthy.
- There are many ways to prevent pregnancy. Discuss with your partner and go together to talk with a health worker to learn more about your family planning choices.

### When Your Child is Unwell

All children at times get sick even when you take precautions, and do every thing to protect them. Here is some information on how to take care of them at home, and when to take them to the health centre.

**Diarrhoea** (runny tummy) is the passing of watery stools 3 times or more in a day. Common causes of diarrhoea include dirty hands, dirty utensils, dirty feeding bottles, dirty water, dirty fruits, dirty vegetables, germs in food, worms, and HIV/AIDS. Proper preparation of food, drinking water, and cleanliness greatly cut down the chances of getting diarrhoea.

Caring for diarrhoea at home:

- Give your child more fluid than usual.
  - Boil water and cool it then add a packet of oral rehydration solution (ORS) to a litre of water for the child to drink (2 banana cups or 3 Coca Cola bottles of water equal one litre).
  - Continue breastfeeding.
- For a child 6 months or older give light porridge, rice water, munkoyo, maheu, cibwantu and other light foods.



*Take your child to the nearest health centre:*

- If there is blood or mucous in the stool
- If eyes or soft spot on the head look sunken
- If child will not breastfeed, drink or eat
- If child becomes weak
- If your child's mouth is dry
- If your child does not get better in two days after giving medicine
- If your child is also vomiting again and again
- If child becomes more sick

**Coughing and Colds** are common in children, and most of the time will get better without medication. Sometimes coughs are dangerous.

To help keep your child from getting coughs and colds get all vaccinations, wash your child's hands before eating, after cleaning nose, before breastfeeding; breastfeed only for the first 6 months, keep your child away from anyone who is coughing if possible, ask people who are coughing to cover their mouths and turn away, bury spit or put it into a tissue and throw into a trash bin or pit, and keep your child away from fire or cigarette smoke.

*Caring for children with coughs and colds at home:*

- Keep the child warm.
- Feed your sick child. Food gives your child's body strength to fight sickness.
- If your child does not feel like eating a lot, give him small amounts of food often (or many times a day)

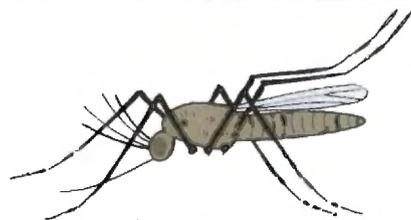
- Give your child plenty to drink.
- For a blocked or runny nose clean using soft cotton wool dipped in clean water. Ensure that the nostrils are clear to allow proper breathing.
- A fever or hot body can be cooled by removing clothes and wiping your child's body with a warm cloth until cool. Then wrap your child with a light blanket. Do not let your child get cold and shiver. Take your child to the health centre if the fever lasts longer than one day.

*Take your child to the nearest health centre:*

- If your child is having difficult or noisy breathing
- If your child is breathing fast
- If your child's chest is indrawing (sunken chest)
- If your child has a fever (hot body)
- If your child is coughing up blood
- If the cough has lasted more than 3 weeks
- If your child is not drinking or eating

**HIV (Human Immunodeficiency Virus)** is a virus that makes it difficult for your body to fight illnesses. It is not a disease that is easy to see. If your child is not growing well, gets sick often or has trouble getting well, it is a good idea to take him or her to the health centre to get tested for HIV. ART (Antiretroviral Therapy) is available for children. ART is not a cure for HIV, but it can help an HIV positive child to stay healthy and live longer. If your child is HIV positive, ask the health worker for advice.

**Malaria** is an infection of the blood caused by a parasite transmitted through a mosquito bite. Some ways to prevent malaria include sleeping under insecticide treated mosquito nets (ITNs), screening windows, covering all of your body with blankets or clothing between 22:00 and 04:00, and using mosquito repellents on arms, legs and any skin that is showing.



A child suffering from malaria may experience the following: feeling hot and then cold (chills), a high fever, vomiting, headache, loose stools, muscle pain, and sweating.

**Take a child with these signs immediately to the health centre.**

*After returning home from the health centre or health centre:*

- Give the child the malarial medication as prescribed by the health worker (**it is very important to complete all the medicine even if your child feels well**).
- Keep your child cool by taking off extra clothing and sponging with lukewarm water.
- Continue breastfeeding or feeding as tolerated.
- Give your child cool drinks and encourage him/her to drink.

Return to health centre if any danger signs come on (see list of danger signs at the end of this booklet).

## **Danger Signs**

A child showing any one of the following signs should immediately be taken to the nearest health centre:

**Unable to eat, drink or breastfeed**

**Vomiting everything immediately he or she takes in**

**Convulsions (fits)**

**Body weakness**

**High fever (body hotness)**

**Fast breathing**

**Chest indrawing**

**Noisy breathing**

**Flaring of the nose**

**Unconsciousness (fainting)**

**Stiff neck**

**Seeing or talking or about things that are not real**

**Pus from the ear**

**Very painful ear**

**Crying a lot**

**Sunken eyes or soft spot**

**Dry mouth**







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