

**Information sheet on vitamin A in Kenya. Colour lithograph by Ministry of Public Health and Sanitation, ca. 2000.**

**Publication/Creation**

Kenya : Ministry of Public Health and Sanitation, [2000?]

**Persistent URL**

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## Ministry of Public Health and Sanitation

# Vitamin A Supplementation



### What is it?

This is one way to make sure that children and women get enough vitamin A by giving them vitamin A capsules or drops by mouth.

### What does vitamin A supplement look like?

It is a capsule with a nipple which is red or blue in colour. Children between 6 and 11 months are given the blue capsule while those **between 12 and 59 months receive the red capsule.**

### Why do YOU need vitamin A?

Vitamin A:

- Helps you grow well and gives you strong bones
- Helps you fight illnesses such as diarrhoea, fevers and other infections.
- Makes and keeps your eyes healthy to see well especially in dim light
- Keeps your skin smooth and keeps your hair healthy
- Helps you stay healthy

### Who needs Vitamin A?

- Young children between the age of 6 and 59 months
- Mothers who have given birth within 4 weeks (28 days)

### Where can I get Vitamin A Capsule?

From any health facility and at Early Childhood Development (ECD) Centres

### How often should a child who is between 6 and 59 months get Vitamin A Capsule?

Every 6 months, that is 2 times in one year.



# AFYA BORA, MAISHA BORA