A woman making a solution to cure her child's diarrhoea: child health in Kenya. Colour lithograph by Department of Child Health, ca. 2000.

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Jinsi ya kutengeneza dawa ya kurudisha MAJI NA NGUVU katika mwili wa mtoto anayehara

Mtoto anayehara anahitaji kulindwa vyema

1 Nawa mikono yako

2 Safisha mkebe wa Kimbo wa nusu kilo ama kipimo kingine chochote cha 500ml.

3 Jaza kufikia kipimo cha 500ml. Kama ni mkebe wa Kimboujaze kufikia msatari mwekundu. Kata pembe ya pakiti ya dawa hiyo.

4 Mwaga dawa YOTE ndani ya hayo maji

5 Koroga mpaka dawa yote iyeyuke

6 Mpe mtoto anywe pole pole, nusu ya kikombe kila baada ya kuhara. Mpe mtoto kiasi atakachotaka kunywa. Hakikisha ya kwamba mtoto amemaliza mkebe mmoja wa dawa mchana na mkebe mwingine usiku. Ukikoroga dawa ya kutumia mchana, koroga nyigine mpya kutumia usiku

7

Muhimu

1. **Endelea kumpa mtoto chakula wakati Wote anapoendelea kuhara. Mpe chakula kingi zaidi ya kawaida kwa wiki moja baada ya kuhara kuisha.**

2. **LINI UMUONE AFISA WA AFYA**
   Ikiwa mtoto wako hajapata nafuu katika muda wa siku tatu au akionyesha mojawapo ya dalili zifuatazo:-

- **Kushidwa kunyonya au kunywa**
- **Kutapika kila kitu**
- **Kunywa kwa shida**
- **Akipata homa (joto jingi)**
- **Damu kwenye kinyezi(choo)**
- **Ugonjwa ukizidi**

3. **Mtoto akiwa ana nyonya, endelea kumnyonyesha**

4. **Mpeleke mtoto kituo cha afya apatiwe madini ya zinc**

Idara ya afya ya watoto
S.L.P 43319
Nairobi, Kenya