

Illustrated guide to child survival interventions in Nigeria. Colour lithograph by Kwara State Ministry of Health, ca. 2000.

Publication/Creation

[Nigeria] : [Kwara State Ministry of Health], [2000?]

Persistent URL

<https://wellcomecollection.org/works/x9dzmpgf>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



7 Key Child Survival Interventions

EARLY AND EXCLUSIVE BREASTFEEDING 0 - 6 MONTHS



- Put baby to breast as soon as baby is born and breastfeed frequently day and night.
- Give breastmilk for the first six months without any other food and drink (not even water).
- Breastmilk has enough water and nutrients to meet baby's needs.

APPROPRIATE COMPLEMENTARY FEEDING 6 - 24 MONTHS



- Continue breastfeeding the child up to 24 months.
- Add variety of foods including fruits and vegetables as the child grows.
- Wash hands before preparing the child's food and before feeding the child.

Age of child	Number of feeding per day
6 - 8 months	2 - 3 meals in addition to breastmilk
9 - 11 months	3 - 4 meals in addition to breastmilk
12 - 24 months	4 - 5 meals in addition to breastmilk

IMMUNIZATION 0 - 12 MONTHS



- Vaccines help to protect a child against diseases that can cause illness and death.
- Ensure that the child receives all doses of vaccines as recommended:

Age	Immunization
At Birth	Oral Polio (OPV), BCG, Hepatitis B1
6 Weeks	DPT1, Hepatitis B2, OPV1
10 Weeks	DPT2, OPV2
14 Weeks	DPT3, OPV3, Hepatitis B3
9 Months	Measles, Yellow Fever

- A child should have completed immunization by the first birthday.
- Immunization is not harmful to the child; it is equally safe to immunize a sick child.

ORAL REHYDRATION THERAPY (ORT)

How to prepare Salt Sugar Solution

CLEAN BOILED WATER

+



2 35cl Bottles



SALT



1 LEVEL TEASPOON

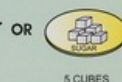
+



SUGAR



10 LEVEL TEASPOONS



5 CUBES



MIXING BOWL

Use boiled, cool water. Discard after 24 hours and make a new batch.

Start giving the child Salt Sugar Solution (SSS) as soon as diarrhoea starts

ADEQUATE MICRONUTRIENTS THROUGH DIET AND SUPPLEMENTATION 6-59 Months



Micronutrients are important substances in food that are needed by the body for proper growth.

Supplementation: Give vitamin A supplements to children aged 6 - 59 months every six months.

Diet: Give foods rich in micronutrients, including:

Vitamin A: Fruits (such as paw-paw, mangoes), vegetables (such as carrots, cabbage), animal sources (such as liver, milk), palm oil

Iron: Eggs, meat, fish, liver, milk, pumpkin leaves, and other leafy vegetables

Iodine: Use Iodized Salts for cooking and other domestic uses

INSECTICIDE TREATED NET (ITN)



- Mosquito bites cause malaria.
- The mosquitoes that cause malaria usually bite people at night when they are sleeping.
- Children under 5 and pregnant women should sleep under Insecticide Treated Nets every night to protect them from mosquito bites.
- Insecticide Treated Nets are safe to use. The insecticides are not harmful to children or adults.

HOME MANAGEMENT OF INFECTION



What to do when a child has:

- Fever**
- Remove clothes, sponge with tepid water.
 - Give doses of paracetamol and antimalaria drugs as recommended by a health worker.
- Diarrhoea**
- Give breastmilk (if breastfeeding) and Salt Sugar Solution (SSS), as well as regular small meals (See Oral Rehydration Therapy diagram).
- Cough**
- Soothe the throat with safe home remedy like breastmilk, warm tea or warm water with honey.
 - Continue to feed, offer more fluid and breastmilk (if child is still breastfeeding) during and after the sickness.

If symptoms persist after home treatment, take your child to the nearest health centre.



TOGETHER
we can make life better!