

TREAT

TREAT our sick children appropriately

- **Fast breathing** is a key symptom of pneumonia and diarrhoea. Chest in-drawing is also serious. Don't wait: get the child to the clinic.
- Other **danger signs** are: child can't drink; vomits up everything; child has fits, is weak and stares blankly; there is blood in the stools.
- When there are danger signs then take the **child to the clinic** as soon as possible.
- If the child is younger than 3 months and has these danger signs then **get help immediately**. This is very serious.
- **Go directly** to a health worker. Do not wait in the queue in the clinic.
- **Take plenty of water or breastmilk** for the child to drink on the way to the clinic.
- Make sure that everyone who looks after the child knows how to make the **sugar salt drink** to treat diarrhoea. Give small amounts of the drink frequently. (Mix one litre clean water + 8 teaspoons sugar + half a teaspoon salt).
- A sick child with diarrhoea needs to be given **zinc pills**.
- A very sick child may need extra medication and oxygen and may be hospitalised.
- **Continue feeding** the child small amounts at a time.
- **Continue giving breast milk** even if baby has diarrhoea and vomiting.
- A child who has been sick can only **eat a little food at a time**. Offer food more often (every 2/3 hours at least 5 times a day).
- This incident must be recorded in the child's **Road to Health booklet**.

STOP DIARRHOEA AND PNEUMONIA:



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PROTECT

What is diarrhoea?

Diarrhoea is a runny tummy which can kill babies. Often the child may vomit too. If the child loses too much water she/he will become very ill and may die.

Do not give the child an enema. Do not give the child herbs 'to dry out'

What is pneumonia?

Pneumonia is an infection of the lungs. The lungs fill with fluid making breathing difficult.

PROTECT our children against diarrhoea and pneumonia

- Encourage women to use their contraceptives correctly. Each child should be a planned and wanted child.
- Give only breast milk to the baby for the first 6 months (no other food, no water).
- Breast milk protects babies against infections and allergies.
- Make sure that each baby receives Vitamin A supplementation.



PREVENT

PREVENT our children from getting sick from diarrhoea and pneumonia.

- Child must have **PCV immunisations** at 6 weeks, 14 weeks and 9 months. Pneumococcal Conjugate Vaccine (PCV) protects against pneumonia.
- Child to be given **rotavirus vaccine** at 6 weeks and 14 weeks. This protects against the main form of diarrhoea.
- Measles, Hib and pertussis (whooping cough) vaccines are also essential.
- Teach everybody how to **wash their hands** often with soap and water especially after using the toilet and before touching food.
- Babies with a low birth weight and undernourished children should be helped to have a **healthy weight** as this can prevent pneumonia and diarrhoea. Take the child to the clinic.
- Have **cleaner air** in the home by using better stoves and opening the windows to get in fresh air.
- Make sure that **water is safe** to drink. If unsure, then boil it.
- Store water in a container that has a tap/spigot. If not available, use a clean bucket with a lid.
- Make sure that human waste is **correctly disposed** of.
- Work to make sure that HIV in babies is eliminated. All babies *can* be born **AIDS free**.
- A **healthy environment** can give a child a good start.
- Keep your home absolutely **clean** especially when preparing food.
- Cover food to **keep flies away**.