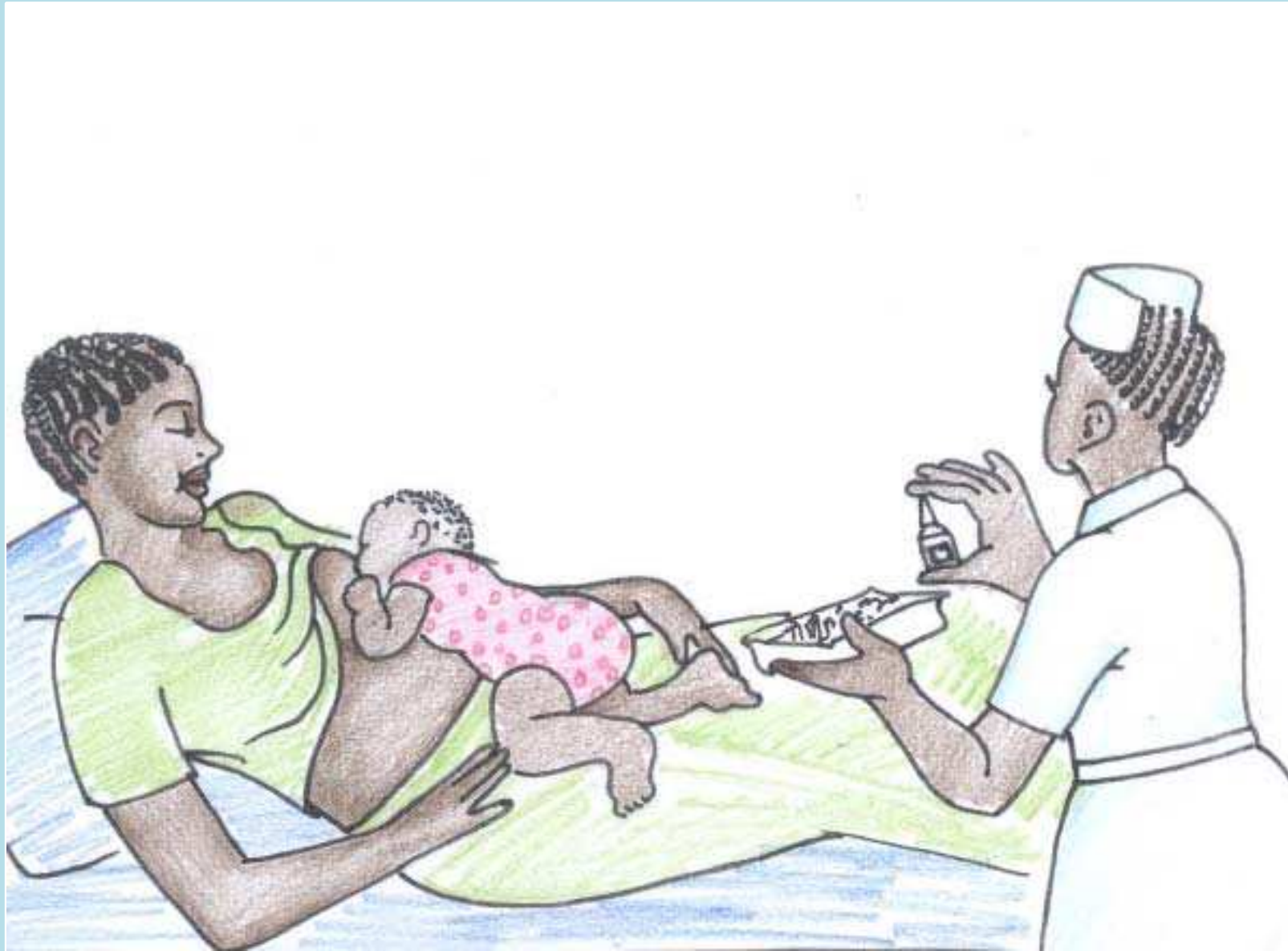


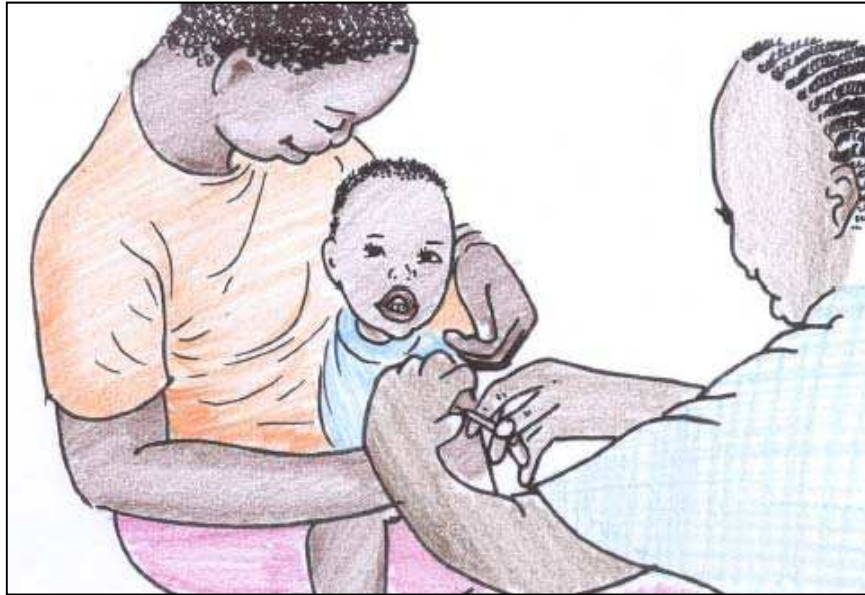


A HAPPY FAMILY



Key messages on breast feeding

- Colostrum feeding is the first immunization for a newborn baby
- Breast milk alone is the best food and drink for a baby during the first 6 months of life. (No water or other fluids need to be given)
- Babies should be put to the breast immediately after birth.
- Continue breastfeeding during sickness
- **Give polio drops immediately to the newborn**



Key messages for routine immunization

- Immunization protects the child against several dangerous diseases including Polio
- All children should be immunized by one year of age
- It is safe to immunize a sick child. A child may develop a slight fever after immunization. This is common. Do not worry. (Give paracetamol as suggested by health worker)
- **Immunization schedule:**
 - BCG immediately after birth or within 30 days
 - DPT-1 & OPV- 1– at one and a half month
 - DPT-2 & OPV- 2– at two and a half month
 - DPT-3 & OPV- 3 –at three and a half month
 - Measles- After nine month

Polio Virus spreads like this...



We can STOP transmission of polio virus



Enters through mouth



Multiplies in intestine



Excreted through feces



Wash hands with soap after defecation



Always wash hands with soap before feeding the child



Keep surroundings clean

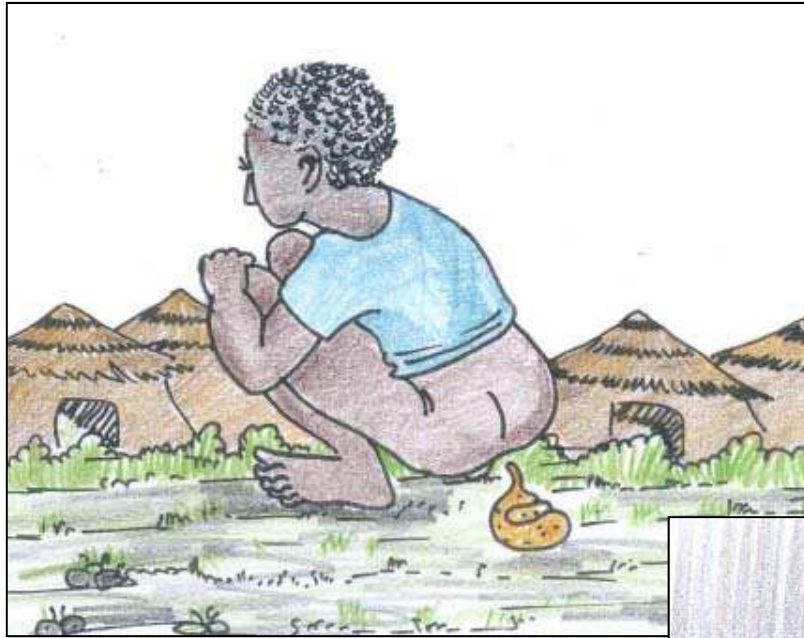


Polio virus stays in environment

Two drops of polio every time

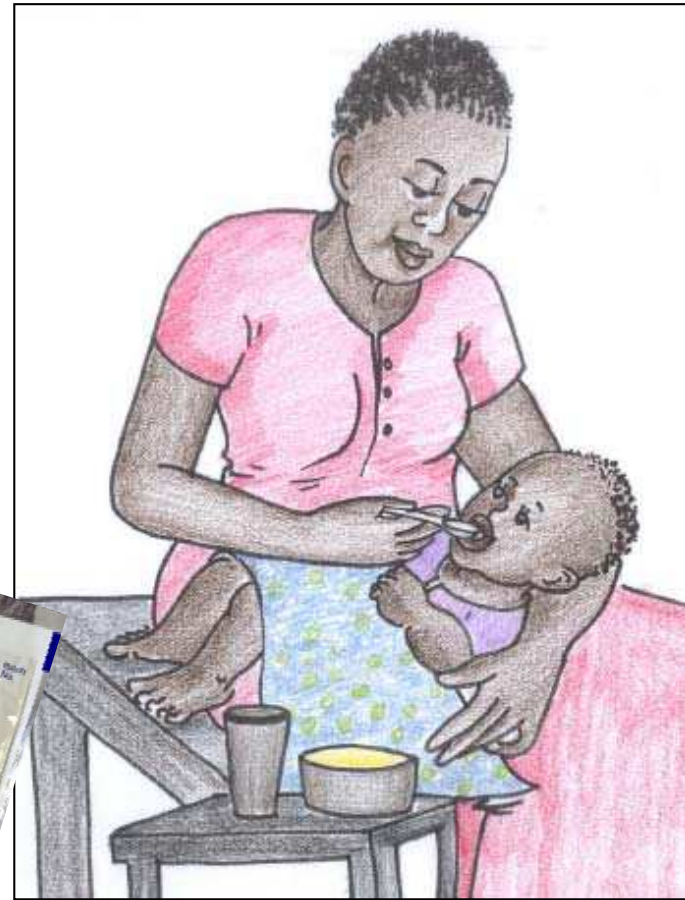
Key messages for polio immunization

- All children up to five years of age should be immunized every round
- It is safe to immunize a sick child against polio
- Immunize all newborns within 15 days of birth
- “Every child every time”



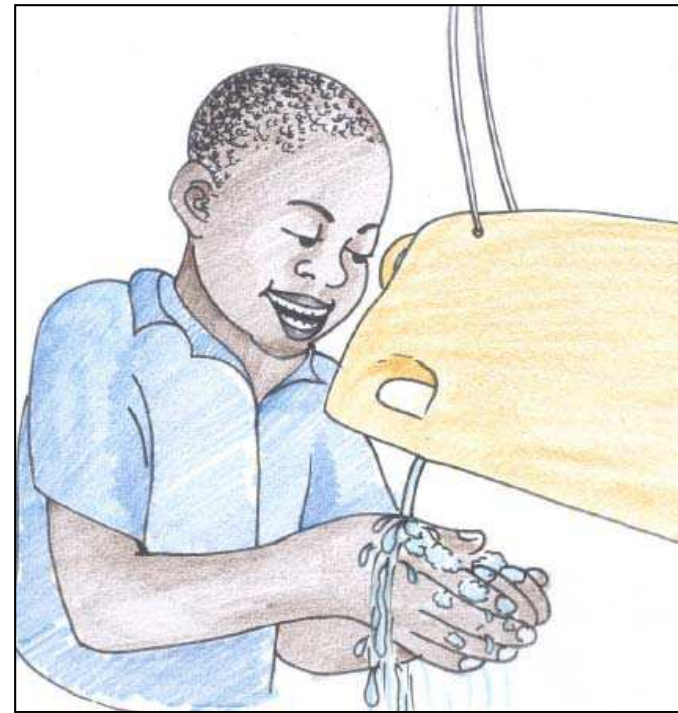
Key messages for prevention of diarrhea & polio

- Every member of the family should use sanitary toilet
- Wash your hands with soap after defecation
- Give polio drops in every polio round/campaign



Key messages on diarrhea management

- Germs enter through contaminated food, water, flies and feces to cause diarrhea
- Start giving ORS as soon as diarrhea sets in. if ORS packets are not available, give home made ORS/fluids
- Continue breast feeding (Children below six month- continue exclusive breast feeding)
- Continue and give extra fresh homemade food
- 10 to 14-days of zinc treatment can considerably reduce the duration and severity of diarrheal episodes, decrease stool output, and lessen the need for hospitalization.
- Zinc also prevent future diarrhea episodes for up to three months.



Key messages for hygienic practices

- Wash your hands after defecation
- Wash your hands before cooking food
- Keep your cooked food covered
- Keep your surroundings clean



Be wise,
immunize

