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 with in 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...

- Enters through mouth
- Multiplies in intestine
- Excreted through feces

We can STOP transmission of polio virus

- 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