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Vitamin A supplementation

OVERVIEW

Vitamin A is vital for children's healthy development.

Vitamin A is usually provided by foods such as liver, dairy products and eggs.

Sometimes, children do not have enough vitamin A in their diet and are at risk of getting very sick if they have measles.

Lack of vitamin A can also cause eye problems and even blindness.

How to give vitamin A supplements

- ➔ Vitamin A can be given to children in the form of a liquid or capsules.
- ➔ During a mass measles vaccination campaign, vitamin A supplements should be given to ALL CHILDREN BETWEEN 6 MONTHS AND 5 YEARS OF AGE.

What volunteers can DO

- ➔ Make sure you know your National Society's policy on volunteers giving vitamin A to children and follow it.
- ➔ Carry out social mobilization before a vaccination campaign (see *Action tool 15*) to tell the community about vitamin A supplementation.
- ➔ Coordinate with health professionals from your local health facilities so that they can tell you how to administer vitamin A and what doses to give.
- ➔ Make sure a good plan is made for vitamin A supplementation.
- ➔ Make sure all children from the ages of 6 months to 5 years are given vitamin A correctly.
- ➔ Register all children to whom you administer vitamin A and make sure that you do not give a child the dose twice.

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