

VITAMIN A

IMPORTANCE OF VITAMIN A

Vitamin A helps form and maintain healthy skin, teeth, skeletal and soft tissue, mucus membranes, and skin.



It is also known as retinol because it produces the pigment in the retina of the eye.



SOURCES OF VITAMIN A

ANIMAL PRODUCTS:

Milk, meat, liver, eggs, yoghurt, cheese.

PLANT PRODUCTS:

Orange and yellow fruit:

Pawpaw, mangoes, papayas, apricots, yellow peppers, melon.

Green leafy and yellow vegetables:

Carrots, squash, broccoli, green beans.

What causes Vitamin A Deficiency?

- If children do not eat enough foods rich in Vitamin A.

WHO NEEDS VITAMIN A?

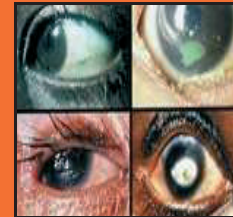
- Everybody needs Vitamin A.
- Breastfeeding women need Vitamin A to help them to stay healthy and to pass on Vitamin A to their children through breastmilk.
- Young children need Vitamin A to help them to grow, develop normally and stay healthy.

WHY DO WE NEED VITAMIN A?

- ESSENTIAL FOR EYE HEALTH (EYE-SIGHT).
- PROTECTS THE BODY AGAINST INFECTION AND ILLNESS.
- IMPORTANT FOR THE GROWTH AND DEVELOPMENT OF CHILDREN.
- REDUCES THE SEVERITY OF CHILDHOOD ILLNESS SUCH AS MEASLES, DIARRHOEA.
- TO HELP AVOID SEVERE MALNUTRITION.
- CONTRIBUTES TO THE GROWTH AND WELLBEING OF CHILDREN.

HOW CAN VITAMIN A DEFICIENCY AFFECT US?

- Damage on eyes (Exophthalmia).
- Night blindness.
- Skin sores.
- Loss of appetite.
- Children have higher risk of illness like measles, diarrhoea.



WHO ARE AT RISK OF VITAMIN A DEFICIENCY?

- Children aged 6 months to 59 months.
- Children who are not breastfed.
- Low birth weight in babies.
- Children with measles, diarrhoea and severe malnutrition.
- Women of child bearing age (15 years - 49 years).
- Pregnant + breastfeeding women.



POLIO



WHAT IS POLIO?

Polio (Poliomyelitis) is a highly infectious disease caused by a virus.

The virus enters the body through the mouth and multiplies in the intestines.

It enters the nervous system, and it can cause total paralysis within hours.

Usually the signs and symptoms can show within three to five days.

SIGNS AND SYSTEMS

- Difficulty in breathing
- Fever
- Fatigue, extreme tiredness
- Headache
- Vomiting
- Stiffness of the neck
- Pain in the arms and or legs

HOW TO PREVENT POLIO

There is no cure for polio.

It can only be prevented by taking an oral polio vaccine.

The oral polio drops are given twice and can protect a child for life.

RISK FACTORS

Where hygiene and sanitation are poor, young children are especially at risk.



HOW IS POLIO SPREAD?

The polio virus is spread by eating food or drinking water contaminated by the polio virus.

The polio virus may also be contracted through direct contact with infected stool.

- Young children who are not yet toilet-trained are vulnerable to transmission, regardless of their environment.
- The disease circulates silently first, and may infect hundreds of people, depending on the sanitation, before the first case of polio paralysis emerges.
- Because of this silent transmission and the rapid spread of the disease, a single confirmed case of polio guarantees an outbreak.
- There are 3 types of polio: referred to as types 1, 2 and 3.
- Protection against one of these types of virus does not protect against the other types.
- Trivalent oral polio vaccine (tOPV), which contains all three types, will be used for the upcoming National Immunization Days (NIDs).