GUIDE TO KEEPING CHILDREN HEALTHY

Smart parents save time and money by keeping children healthy
Introduction (Included in English version only)

Because village stall holders (VSH) are often the first point of contact for rural mothers with sick children, in early 2002 CARE began training these “key villagers” on basic health messages related to health promotion, disease prevention, home care, and proper use of drugs for small children in village settings. VSH’s received a five-day health education course focused on the topics summarized in this “pictobook” and were later given a Khmer version of this pictobook as a guide and reference material. This book is intended to reinforce the learning obtained in the five-day course and support informed VSH behaviour in relation to the items they sell. The section on drugs deals only with those drugs which CARE staff has found the VSH’s to be stocking, with the exception of ORS which CARE has introduced to them.

Although this pictobook was originally designed specifically with VSH’s in mind, once initial drafts of the book were completed, CARE staff decided to widen the book’s target audience to include Health Center staff in the target area as well as members of CARE’s C/IMCI Mothers Clubs. The book’s content complements messages being shared within the Mothers Clubs, and it is hoped that this book will assist all three groups to practice and reinforce positive health messages within their communities. CARE hopes
that all caretakers of children will be motivated to acquire positive health behaviors, and, in the designing of this guide CARE tried to appeal to Khmer caretakers’ values surrounding the benefits of having healthy children. (In focus group discussions and individual interviews with target groups, saving parents time, saving parents money, the ability for children to grow into smart adults, and ensuring a good future for their family were identified as the primary benefits associated with having healthy children.)

This pictobook takes into consideration low user literacy rates and thus most written information has an accompanying picture, simple diagram, or chart. As far as was possible, already existing pictures and diagrams were used in the preparation of this manual, and CARE acknowledges with thanks the use of pictures from IEC materials produced by the Cambodian MOH NCHP, MOH IMCI, MOH CNM, AUSAID, HKI, PFD, and RACHA.

CARE C/IMCI Child Survival Pilot Project, February 2003. This project was supported by CARE USA and the Partnership for Health, a David and Lucille Packard Foundation-funded project.

(Draft version 7; Edition 1)
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The Importance of Healthy Children

Keeping children healthy is important because when children are healthy they:

- save you time - you will spend less time taking care of sick children and have more time to do other work

- save you money - you will spend less money on medicines and treatment and have more money for your family

- grow up clever - healthy children grow up to be smart adults

- make your family happy - healthy children come from happy families

- ensure your family’s good future - healthy children are an investment for your family’s future
This book will help you have healthy children by showing you how to care for them when they are sick, and how to prevent them from getting sick in the future.
Homecare for a Sick Child

- When a child is sick his body uses much energy and may become very hot.

- The child needs to drink more fluids and eat frequently.

- Continue to breastfeed children but more often than normal.

- Encourage children over six months old to drink plenty – breast milk, water, coconut juice.

- Give small amounts of soft nutritious foods – porridge, mashed vegetables, and fruits - more frequently.
Homecare for a Child with a Slight Fever

- Many small children get a slight fever when sick and recover quickly.

- Keep children with slight fever covered up and out of drafts.

- Give them plenty of fluids to drink such as breast milk, boiled water, or coconut juice.

- Give them soft foods such as nourishing porridge or mashed vegetables.
Homecare for a Child with a High Fever

- Remove clothing and bathe with a cool wet towel or krama

- Sponge especially around the neck, under the arms, and in the groin area

- Give correct dose of Paracetamol every six hours while fever continues (see page 29)

- If a child has persistent high fever for more than two days, take him to the health center or hospital

- Do not put ice on the body as it makes a small body too cold too quickly
Homecare for a Child with a Cough

- Colds are the most common illness

- A small child might have four or five colds or coughs a year

- Good home care can prevent a serious cough

- Give plenty of fluids – breast milk, coconut juice, or drinking water

- For a sore throat, make the child a safe remedy by mixing lemon juice, honey, and warm water

- Encourage the child to eat - if the child’s throat is sore give soft foods like nutritious porridge
Homecare for a Child with Diarrhea

- The danger of diarrhea in small children is loss of fluid from the body.
- Every time a child has a bout of diarrhea, give him fluid to drink.
- Breastfeed or give ORS, boiled cooled water, or coconut juice.
- Look at the chart to see how much ORS to give (page 27).
- A little mashed banana may help reduce diarrhea.
How to Recognize When a Child is Dehydrated

- Dehydration can be caused by diarrhoea, fever, or vomiting.
- Some signs of dehydration:
  - Sunken eyes
  - Few or no tears
  - Mouth and tongue are dry
  - Very thirsty, but difficult or unable to drink (dehydration could be serious)
  - Skin pinch is slow to unfold
  - Grumpy, bad temper
  - Drowsy or swooning (dehydration could be serious)
  - Lethargic (not active)
  - Loss of appetite
Seriously Ill Child - Recognizing Danger Signs

- Sometimes a child is seriously ill. If so, the child **must** be taken to the hospital
  - Is the child unable to eat, drink, and breastfeed?
  - Does the child vomit all the time?
  - Is the child unconscious or lethargic?
  - Is the child twitching or very agitated?
  - Does the child have rapid breathing, chest in-drawing, or difficulty breathing?
  - Are there signs of severe dehydration or blood in the stool?
  - Has the child had a high fever for two days or more?
Giving Emergency Treatment

- If the child is seriously ill and needs to go to the hospital, home care is necessary before making the journey to the hospital.

- For high fever, give one dose Paracetamol and sponge the child down (see page 29), then take child to the health center.

- For dehydration, give ORS or boiled water (see page 27), then take child to the health center.

- For severe cough, or if child has difficulty breathing, take child to the health center.
Paracetamol

ORS

AUSAID/NCHP/MOH
Oral Rehydration Salts

- ORS replaces body fluids lost through diarrhoea, vomiting, and fever

- One packet is prepared with one litre of cool, boiled water

- Before preparing ORS wash hands and use clean, dry bowls, cups, and spoons

- Measure water in a one-litre water bottle

- Keep ORS in a clean, covered container and throw away any left after 24 hours
To Prevent Dehydration in a Child with Diarrhea, give:

- As much fluid as the child received before illness and ORS after each bout of diarrhoea

- Give ORS according to the chart on the opposite page

- Do not give any other medicine unless the child has diarrhea for two weeks or has blood in the stool

- If child has diarrhea for more than two weeks or has blood in the stool, take him to the health center for treatment
<table>
<thead>
<tr>
<th>Child's Age</th>
<th>ORS (solution should be given after each diarrheal episode)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 2 years old</td>
<td>10 or more spoonfuls</td>
</tr>
<tr>
<td>Over 2 years old</td>
<td>20 or more spoonfuls</td>
</tr>
</tbody>
</table>
Paracetamol (500 mg)

- Given only when a child has pain or fever

- It is best taken crushed with a little fluid, after a little food

- If fever or pain persists repeat dose only after six hours

- See chart on opposite page for dose according to age

- If fever or pain does not go away after 2 days, take child to the health center for treatment
<table>
<thead>
<tr>
<th>Child's Age</th>
<th>Paracetamol (500mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 months to under 3 years</td>
<td>One fourth tablet</td>
</tr>
<tr>
<td>3 years to under 5 years</td>
<td>One half tablet</td>
</tr>
</tbody>
</table>
How to Prepare Medicines for Children

- Small children cannot swallow tablets or capsules easily, so medicines must be prepared before children can take them.

- Tablets should be crushed into powder so that a child can easily swallow it. Crush tablets according to the pictures. The powder can be mixed with some mashed banana and fed to the child.

- Capsules have powder inside them. Pull apart the ends of a capsule to release the powder. The powder can be mixed with some mashed banana and fed to the child.

- These same steps should be followed when dividing a tablet or capsule into smaller portions, such as when a child only needs one half of a tablet.
Rules for Giving Antibiotics

- Only give an antibiotic if the child is really sick and needs the medicine.
- Always give dose according to the age of the child.
- Always understand and discuss the time each day when the antibiotic should be taken.
- Never give for less than five days - even if the child appears better.
- If you give antibiotics for less 5 days, the child will not be cured and can become more seriously ill.
- Giving antibiotics for less than 5 days can lead to drug resistance – medicines will not work in the future.
- The child should always go to the health center if he does not get better after three days.
<table>
<thead>
<tr>
<th>Day</th>
<th>Day</th>
<th>Day</th>
<th>Day</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

- Morning
- Noon
- Evening
- Night

AUSAID/NCHP/MOH
Bactrim/Cotrimoxazole (480mg and 960mg)

If your doctor tells you to give Bactrim to your child, follow these instructions:

- For treatment of dysentery and pneumonia

- Give the child 2 times a day (once in the morning \[\text{\textcolor{red}{\text{sun}}}\] and once in the evening \[\text{\textcolor{black}{\text{moon}}}\])

- Have child take every day for 5 days

- If child does not get better after 3 days, take him to the health center

- Prohibit giving Bactrim to children less than one-month old, premature children, or children with anemia
<table>
<thead>
<tr>
<th>Child's Age</th>
<th>Bactrim or Cotrimoxazole (480 mg)</th>
<th>Bactrim or Cotrimoxazole (960 mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 month to under 2 months</td>
<td>One fourth tablet</td>
<td>One eighth tablet</td>
</tr>
<tr>
<td>2 months to under 12 months</td>
<td>One half tablet</td>
<td>One fourth tablet</td>
</tr>
<tr>
<td>12 months to under 5 years</td>
<td>One tablet</td>
<td>One half tablet</td>
</tr>
</tbody>
</table>
Amoxycillin (250mg and 500mg)

If your doctor tells you to give Amoxycillin to your child, follow these instructions:

- Treat pneumonia, sore throat, and ear infection

- Give the child 3 times a day (one at morning ☀️, one at noon 🌞, and one at night 🌙)

- Take every day for 5 days

- If child does not get better after 3 days, take him to the health center
<table>
<thead>
<tr>
<th>Child's Age</th>
<th>Amoxycillin (250 mg)</th>
<th>Amoxycillin (500 mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 2 months</td>
<td>One fourth tablet</td>
<td></td>
</tr>
<tr>
<td>2 months to under 12 months</td>
<td>One half tablet</td>
<td>One fourth tablet</td>
</tr>
<tr>
<td>12 months to under 5 years</td>
<td>One tablet</td>
<td>One half tablet</td>
</tr>
</tbody>
</table>
Ampicillin (250mg and 500mg)

If your doctor tells you to give Ampicillin to your child, follow these instructions:

- Treat pneumonia, sore throat, and ear infection

- Give the child 4 times a day (one at morning ☀️, one at noon ☀️, one at early evening 🌕, and one at night 🌕)

- Take every day for 5 days

- If child does not get better after 3 days, take him to the health center
<table>
<thead>
<tr>
<th>Child’s Age</th>
<th>Ampicillin (250 mg)</th>
<th>Ampicillin (500 mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 2 months</td>
<td>One half tablet</td>
<td>One fourth tablet</td>
</tr>
<tr>
<td>2 months to under 12 months</td>
<td>One tablet</td>
<td>One half tablet</td>
</tr>
<tr>
<td>12 months to under 5 years</td>
<td>One tablet</td>
<td>One half tablet</td>
</tr>
</tbody>
</table>
Drugs that Should Never be Given to Children

- *Aspirin* can cause haemorrhage in children with dengue fever.

- *Tetracycline, lincomycin, and aureomycin* - these antibiotics can cause disease in children under age 8.

- *Immodium* is dangerous and causes the child pain and gas in the stomach.
Checking Expiration Dates

- Drugs are only effective for a certain period of time
- The expiration date printed on a drug’s packaging tells the date up to which that drug will work
- Expiration dates usually say “EXP” followed by a month and year
- After the expiration date has passed the drugs will not work and may cause the person to get sicker
- You should always read the expiration date for a drug before giving it to someone
- Once the expiration date for a drug has passed, that drug should not be given to people and must be thrown away
- See the examples of expiration dates on the next page
Expiration date: 26 June 2005
Expiration date: September 2002
Expiration date: 11 October 2004
Expiration date: 31 December 2003
Expiration date: April 2005
Expiration date: September 2003
Ways to Prevent Your Child from Getting Sick Again

- It is important to protect children from future illness so that they grow up healthy and happy.

- Caretakers can help protect their children from illness by doing a few, simple things:
  - Getting children immunized
  - Giving children Vitamin A
  - Giving children iron and protecting them from worms

- Immunizations, Vitamin A, iron, and medicine for worms are all available at the health center.
Child health is in your hands!
Children Need All Their Immunizations On Time

- All children can be protected against six diseases through immunizations: tuberculosis, polio, tetanus, diphtheria, pertussus, and measles

- All immunizations need to be given at the right time for them to protect the child from infection

- Look at the picture on the opposite page for the times when a child needs each immunization

- Some children have a fever after being immunized

- If the child has a fever, give one Paracetamol dose according to age (see page 29)
Vitamin A is Important for Healthy Children

- Lack of Vitamin A in a child’s diet can slow the child’s growth, weaken the child’s immune system, and cause night blindness.

- Children can receive Vitamin A through the foods they eat and also through Vitamin A capsules which are available at the health center and at immunization outreach in March and November.

- Foods that are rich in Vitamin A include breast milk, liver, eggs, chicken, fish, green leafy vegetables, pumpkin, carrot, mango, and papaya. Also, fats and oils help Vitamin A absorption in the body.

- Give the first Vitamin A capsule when the child is 6 months old. Then give the child another capsule after every 4-6 months until the child is 5 years old.
The Importance of Iron and Protection from Worms

- A lack of iron in children can lead to slow mental growth and makes a child more likely to get sick.

- Children get iron through eating foods rich in iron like breastmilk, meat, beans, and green leafy vegetables.

- If children do not get enough iron, they should take iron pills which are available at the health center.

- Intestinal worms can cause anaemia so children should be treated for worms. Worm medicine is available at the health center and at immunization outreach.

- Children should be given worm medicine at 12 months old and then again after every 6 months.
Mebendazole (500 mg)
Communicating with Clients

- **Ask** – ask the mother questions to determine the child’s symptoms
- **Listen** – listen patiently to understand the situation
- **Praise** – praise the mother for seeking care for her child
- **Advise** – advise the mother on what to do:
  - give home care to her child
  - give medicine to her child (how, when, and for how many days)
  - take her child to the health center or hospital for treatment
- **Get feedback** – ask the mother to repeat instructions back to test her understanding
This book will help you have healthy children by showing you how to care for them when they are sick, and how to prevent them from getting sick in the future.