

IMMUNIZATION IPTI, VITAMIN A and DEWORMING

	DATE	RETURN DATE
BCG OPV O		At Birth
1st OPV DPT-HepB-Hib Pneumococcal Rotavirus 1		6 Weeks
2nd OPV DPT-HepB-Hib Pneumococcal Rotavirus 2 IPTi1		10 Weeks
3rd OPV DPT-HepB-Hib Pneumococcal IPTi2 IPV		14 Weeks
Vitamin A		6 Months
Yellow Fever MCV 1 IPTi3		9 Months
De-worming Vitamin A		12 Months
MCV 2		15 Months
VAS Postpartum Vitamin A		0 - 6 Weeks

**CHILD HEALTH CARD
PERSONAL INFORMATION**

Name of Clinic:

Clinic Reg No:.....

Child's Name:.....

Sex: **FEMALE** **MALE**

Birth Certificate No:.....

Date of Birth:.....

Birth Weight : (Kg)

Date First Seen: / /

Place of Birth :.....(Town/village)

Chiefdom:

District:.....

Where the family live:.....

Mother's Name:.....

Mother's Age:

Mother's Education:
(Nil / Primary / JSS / SSS / Tertiary)

Mother's Occupation:.....

Telephone Number:.....

Number of Children:.....

Father's Name:

Father's Occupation:.....

Telephone Number:.....



MoHS SIERRA LEONE
NOT FOR SALE
Revised May 2018

**EXCLUSIVE BREASTFEEDING
Birth up to 6 months**



PLEASE CHECK **X**
for **NO** and **✓** for **YES**

Immediate breastfeeding

1st Month

2nd Month

3rd Month

4th Month

5th Month

6th Month

Breastfeed within 1 hour of birth.
Give only breast milk for the first 6 months of life .


**COMPLEMENTARY FEEDING
6 to 24 MONTHS**




- Start giving your infant complementary foods at 6 months
- Food {pap} should be soft, mashed, thick and freshly cooked
- Feed 3 - 5 times a day in line with child's age
- Continue breastfeeding up to 24 months and beyond.



2 YEARS AND OLDER



- Give family foods 3-4 meals each day
- Also twice daily give nutritious foods between meals, such as: Bread and ground nut paste, Milk, Eggs, Meat, Chicken, Fish, Benni, Oleleh, Beans, Beans akara, Fruits



Keep This Card Safe From Damage And Bring This Card With You To Every Visit



FAMILY PLANNING



- Helps couples plan better for their family
- Space your birth at least 2 years apart
- Talk to your health worker about Family Planning methods;

Date:.....



GOOD HYGIENE







Wash your hands with soap and clean water before:

- Preparing foods
- Feeding children

And after:

- Using the toilet
- Cleaning baby's bottom

Use clean utensils to prepare and serve food to children

A child with any of the following needs special care
Please indicate with a tick in the box where applicable

Birth Weight less than 2.5 kg

Birth interval less than 2 yrs

Multiple Birth (twins)
Single Parent

Malnourished Sibling

Maternal death

Any sibling death

Other

PMTCT

PMTCT

DATE	R	NR	I
PCR 6/52			
RAPID 9/12			
RAPID 18/12			

CE MSU CNE

Tested by: _____

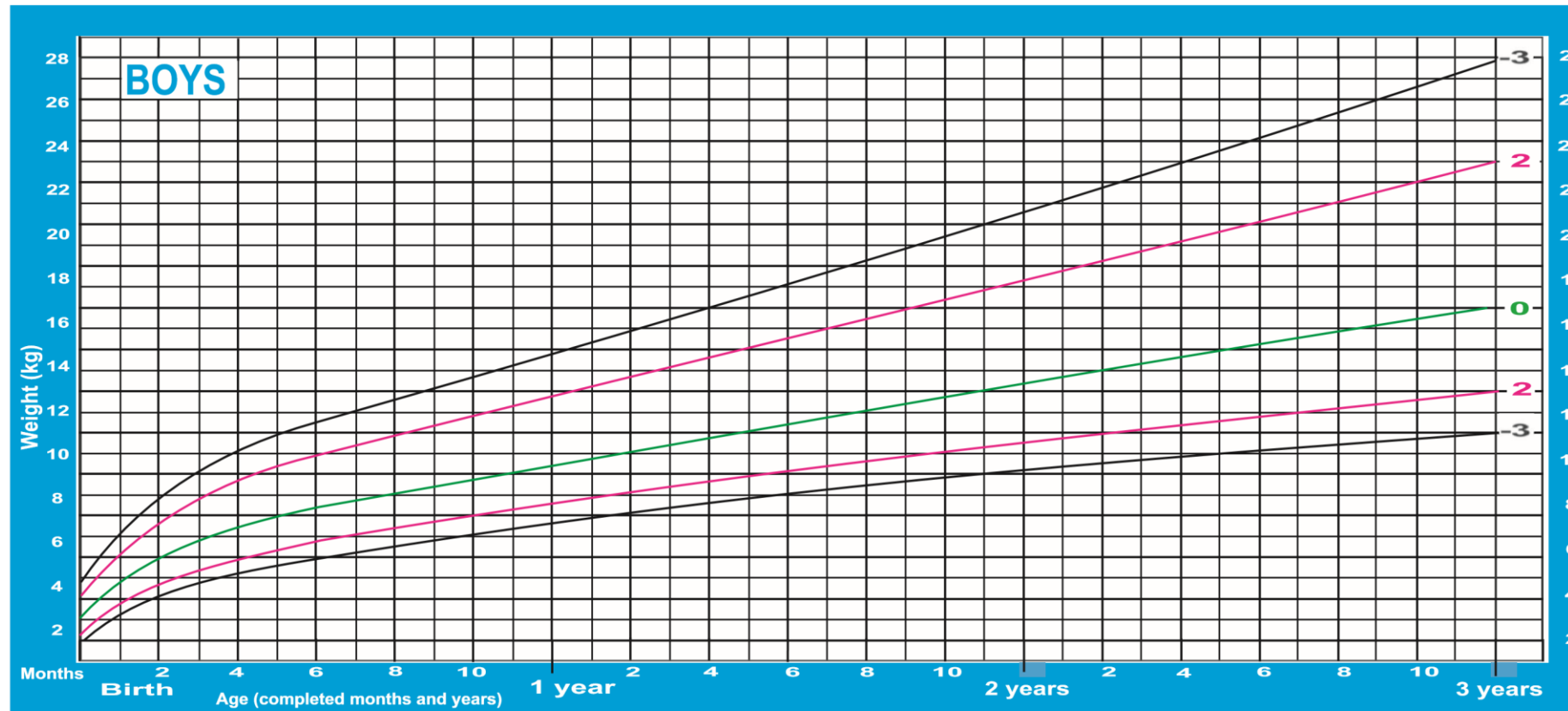
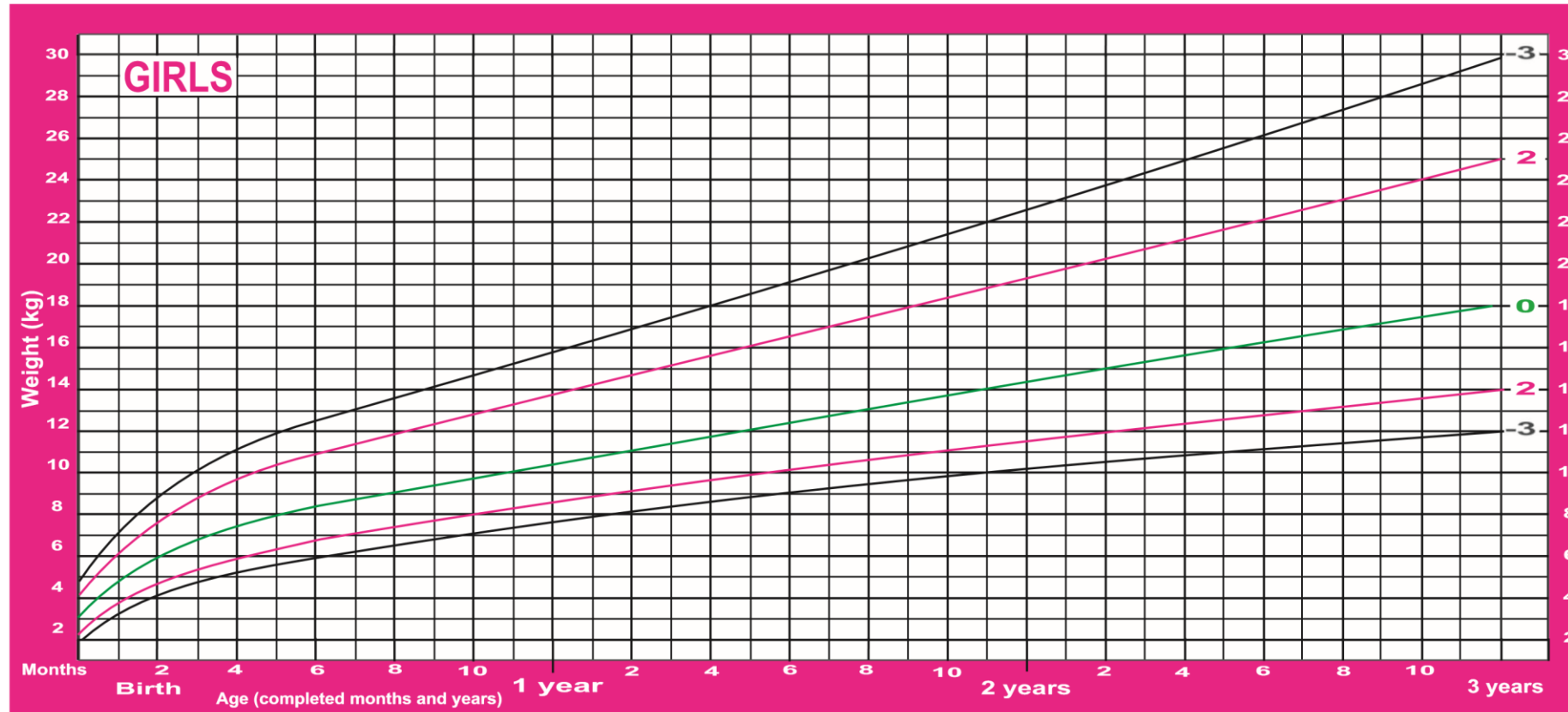
MGA IGA

Follow up Time	6 wks	2 mths	3m	4m	5m	6m	7m	8m	9m
Cotrimoxazole									
Follow up Time	10m	11m	12m	13m	14m	15m	16m	17m	18m
Cotrimoxazole									

Date baby referred for ART:.....

Date initiated on ART:.....

Age at initiation of ART:.....

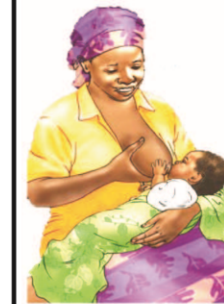


Age/Dose	1½ year	2 years	2½ years	3 years	3½ year	4 years	4½ years	5 years
VITAMIN A								
DE-WORMING								

SICK CHILD

BREASTFEED FREQUENTLY AND INCREASE FLUIDS INTAKE
*****FOR CHILD WITH DIARRHOEA**

- * If still breastfeeding, give more frequent, longer breastfeeds day and night.
- * Give Oral Rehydration Solution (ORS) with Zinc or food-based water such as coconut water, soup, rice water
- * Continue giving extra fluids until diarrhoea stops



Under 6 months



At 6 months & above with breast milk

MALARIA PREVENTION



- Sleep under a treated bed net to prevent mosquito bites
- Keep your environment clean and well drained