



- Pneumonia leading leading cause of death in children under 5 years (18%)
- Diarrhea second leading cause of death (15%)
- These deaths can be prevented with low cost treatments

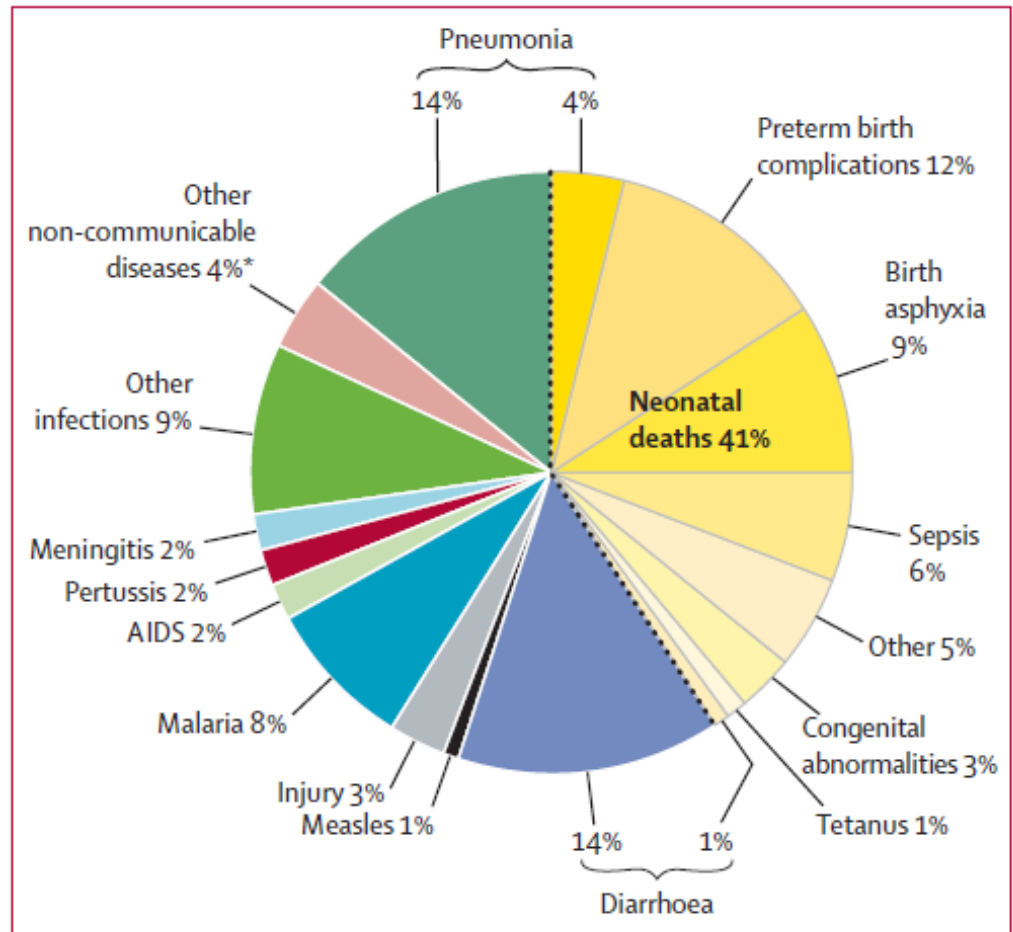


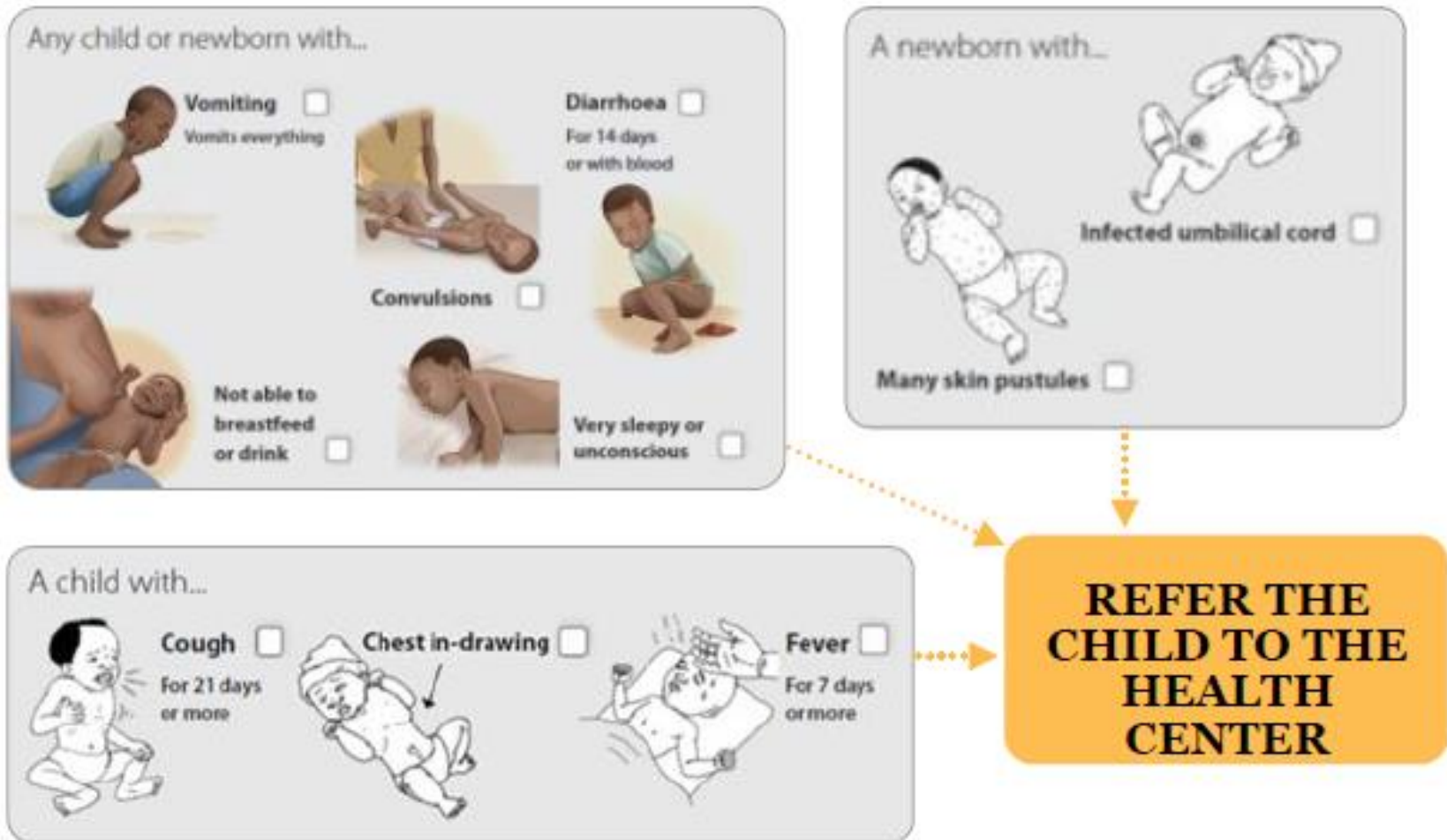
Figure 4: Global causes of child deaths

Data are separated into deaths of neonates aged 0-27 days and children aged 1-59 months. Causes that led to less than 1% of deaths are not presented.

*Includes data for congenital abnormalities.

Source: Black et al. *Lancet* 2010; 375:1969-1987

Specific Danger Signs for Children < 5 years



Go to a Health Centre Immediately if You See These Signs

Genda mangu mu ddwaliro singa olaba obubonero buno

Bloody diarrhoea
Okuddukana omusaayi



Refusing to breastfeed
Okugaana okulya, kunywa oba kuyonka



Too much coughing
Okukolola okutasalako

Convulsions
Okwesika



Unconsciousness
Okuwunga



Vomiting
Okusesema okutatadde



High fever
Omusujja omungi ennyo



Coughs in Children Can Be Dangerous

Okukolola mu baana abato kusobola okuba okw'obulabe



Specific danger signs for Pneumonia

- Bad cough
- Difficult breathing
- Severe respiratory distress
- Fast breathing
- Nasal flaring or grunting
- Decreased breath sounds, bronchial breath sounds, crackles and abnormal vocal resonance
- Stridor or wheezing

When to seek care for Pneumonia

- Breathing more rapidly than normal
 - 2 months up to 12 months – 50 or more breaths per minute
 - 12 months up to 5 years – 40 or more breaths per minute
- Breathing with difficulty or gasping for air
- The lower part of the chest sucks in when breathing – the stomach appears to move up and down, or the lower chest wall goes in as the child breathes in
- If the child has a cough for more than two weeks
- Unusual sleepiness
- Convulsions
- If the child becomes unconscious

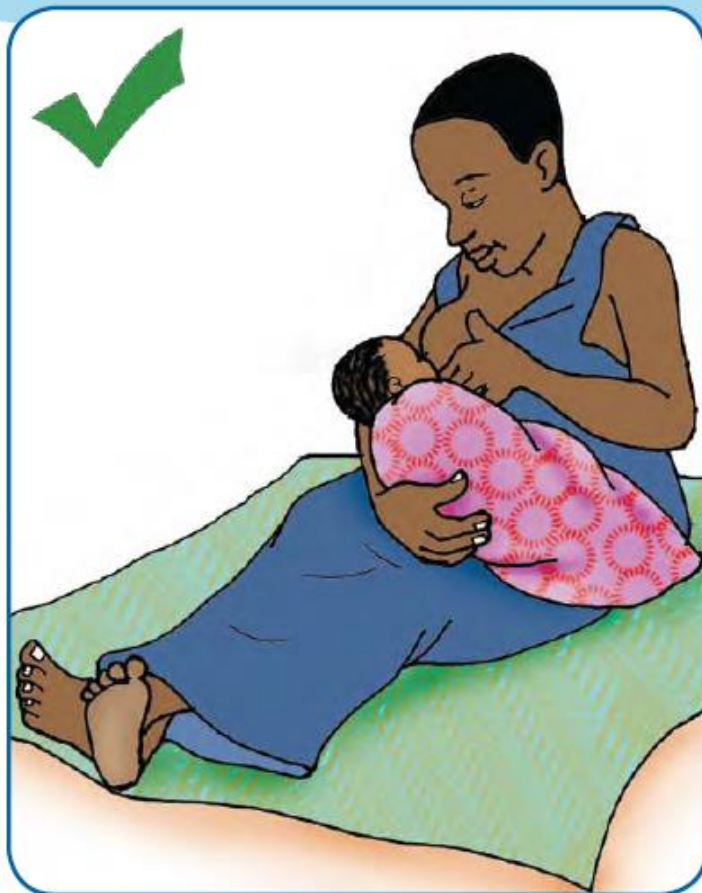
Prevention of Pneumonia

- Control of indoor air pollution
- Exclusive breastfeeding to six months of age
- Hand-washing to prevent spread of germs causing pneumonia
- Immunization
- Adequate nutrition

Prevention of Pneumonia – Exclusive Breastfeeding

Give Only Breastmilk from Birth to 6 Months

Okuva ku kuzaalibwa okutuuka ku myezi mukaaga, omwana muyonse mabeere gokka



Prevention of Pneumonia – Adequate Nutrition

Children Need All Three Food Groups to Grow Healthy

Abaana betaaga ebika by'emmere byonna ebisatu okusobola okukula obulungi




Prevention of Pneumonia - Immunization

Immunising Your Children Protects from Deadly Diseases

Okugemesa abaana bo kibatangira endwadde zi nnamutta



REPUBLIC OF UGANDA  MINISTRY OF HEALTH

CHILD HEALTH CARD

NAME: <i>Priscilla</i>	CLINIC REGISTRATION NO.:
Health Sub-C: <i>Kitanda</i>	Sub-Registration No.:
Child's Name: <i>Julius</i>	Sex: <i>Male</i>
Age: <i>12</i>	Date of Birth: <i>11/12/1965</i>
Religion: <i>Katolika</i>	Height: <i>160cm</i>
Father's Name: <i>Edmund</i>	Father's Occupation: <i>Farmer</i>
Where the child lives: <i>Katanda</i>	Sub-County/District: <i>Katanda</i>
Parents:	
DOB:	

REASONS FOR SPECIAL CARE	
<input type="checkbox"/> Malnutrition	<input type="checkbox"/> Malnutrition
<input type="checkbox"/> Sick child	<input type="checkbox"/> Suffering from
<input type="checkbox"/> Other conditions	<input type="checkbox"/> Suffering from
<input type="checkbox"/> Child lives in	<input type="checkbox"/> Suffering from
<input type="checkbox"/> Suffering from	<input type="checkbox"/> Suffering from

SEE YOUR NURSE FOR SPECIAL ATTENTION

Please carry this card every time you bring your child for care or attention.



When to seek care for Diarrhoea



When to Seek Clinical Care for Severe Diarrhea

Signs of Severe Dehydration → Go to a Health Centre

Obubonero bw'okuggwebwamu amazzi okususse → Genda mu ddwaliro

Sunken, tearless eyes, sleepiness

Amaaso agaguddemu nga tegaliimu maziga, Okuyongobera

Dry mouth, cracked lips

Okukala akamwa, Okwatika emimwa

Sudden weight loss

Okukogga amangu ennyo

Loss of skin elasticity

Okukakanyala olususu

Dark yellow urine or no urine

Omusulo ogwa kyenvu nga mukwafu oba obutafulumiza ddala musulo



How to Treat Diarrhea: Zinc and ORS

Stop Dehydration and Save Your Child with ORS + Zinc

Komya okuggwebwamu amazzi ng'otaasa omwana wo ne ORS + Zinc



1.



2.



3.



4.



How to Treat Diarrhea: Oral Rehydration

How to mix and give ORS:

- Wash hands with soap and water
- 1 liter bottle of water (may be less, follow package directions)
- 1 package of ORS
- Pour the entire packet of ORS into the bottle of water and mix until dissolved

Amount of ORS to give in addition to usual fluid intake:

- Up to 2 years - 50 to 100 ml after each loose stool
- 2 years or more - 100 to 200 ml after each loose stool

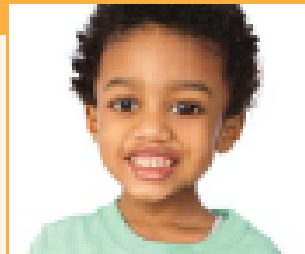
How to Treat Diarrhea: ORS

AS A GUIDE, AFTER EACH LOOSE STOOL, GIVE%:



Child under 2

One half cup
(50-100 mL)



Children ages 2 to 10

One whole cup
(100-200 mL)



ORS should be given until the diarrhoea stops.
This may last several days.⁶

How to Treat Diarrhea: ORS

Tell the mother to:

- Give frequent small sips from a cup
- If the child vomits, wait 10 minutes. Then continue, but more slowly
- **Continue giving ORS until the diarrhoea stops**
- Breastfeed more frequently and for longer at each feed
- If the child is exclusively breastfed, give ORS solution in addition to breastmilk

How to Treat Diarrhea: ORS

If ORS is not available, give:

- Clean water
- Boiled rice water
- Light porridge
- Soup
- Fruit juice
- Clean water



How to Treat Diarrhea: Zinc Supplements

Tell the mother how much Zinc to give:

- Up to 6 months — 10 mg daily (1/2 tablet) for 10 days
— One 5-ml teaspoon syrup daily for 10 days
- 6 months or more — 20 mg daily (1 tablet) for 10 days
— Two 5-ml teaspoons syrup daily for 10 days



NOTE: Continue to give zinc for 10 days even if the diarrhoea stops earlier.

How to Treat Diarrhea: Zinc

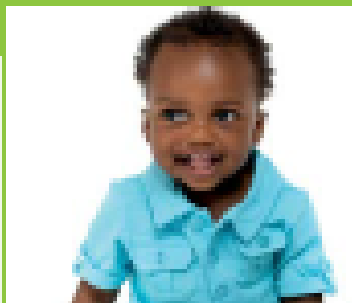
HOW MUCH ZINC TO GIVE⁵



Child younger than 6 months

10 mg

Once a day
(for 10 days)



Child older than 6 months

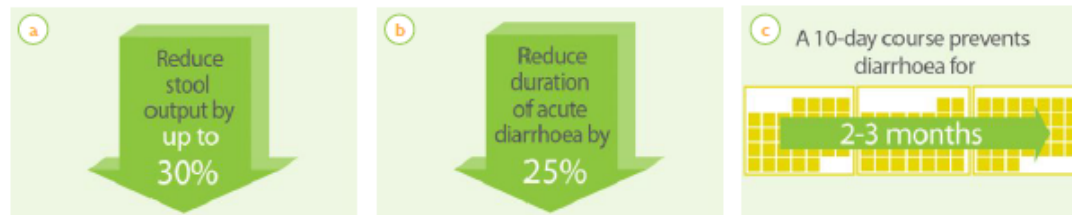
20 mg

Once a day
(for 10 days)

Why Zinc?

- Zinc is an essential micronutrient
- Zinc builds the body's immune system
- Most diarrheas are caused by viruses that do not respond to antibiotics. Zinc helps the body fight the viruses and end diarrhea episodes.

- Zinc supplementation in children less than five years of age, significantly:
 - a) Reduces the severity of diarrhoea
 - b) Reduces the duration of diarrhoea
 - c) Reduces the incidence of diarrhoea in the subsequent two (2) to three (3) months after the diarrhoea episode



- Zinc is well tolerated by children

How Diarrhea Spreads

- Diarrhea spreads through fecal contamination in water or food. The germs that cause diarrhea are spread by
 - Contact with the dirt where feces has been dropped or washed
 - Flies and other insects that move from feces to food
 - Food that has fecal matter on or in it
 - Fingers that touch feces or other objects that have been contaminated
 - Water that has been contaminated by fecal matter

How Diarrhea Spreads

Faeces

Obubi



Flies

Ensowera



Unsafe water

Amazzi amakyafu



Dirty hands

Engalo enkyafu



Prevention of Diarrhea

- Maintain clean latrines and prevent seepage into the water supply
- Wash hands with soap and clean water after using the toilet, after cleaning a baby's nappy, and before preparing or eating food.
- Treat household drinking water daily to kill bacteria and then drink only treated water
- Do not consume food contaminated by non-potable water
- Nurse babies for at least 6 months – exclusive and early breast-feeding
- Vaccinate children under 12 months to ward off other illnesses that can make a child more susceptible to diarrhea
- Adequate and safe complementary feeding

Prevention of Diarrhea – Washing Hands

Always Wash Hands...

Naabanga mu ngalo bulijjo...



After using the latrine
Ng'ovudde mu kaabuyonjo



Before preparing food
Nga tonnawata ku bya kulya



Before eating
Ng'ogenda okulya

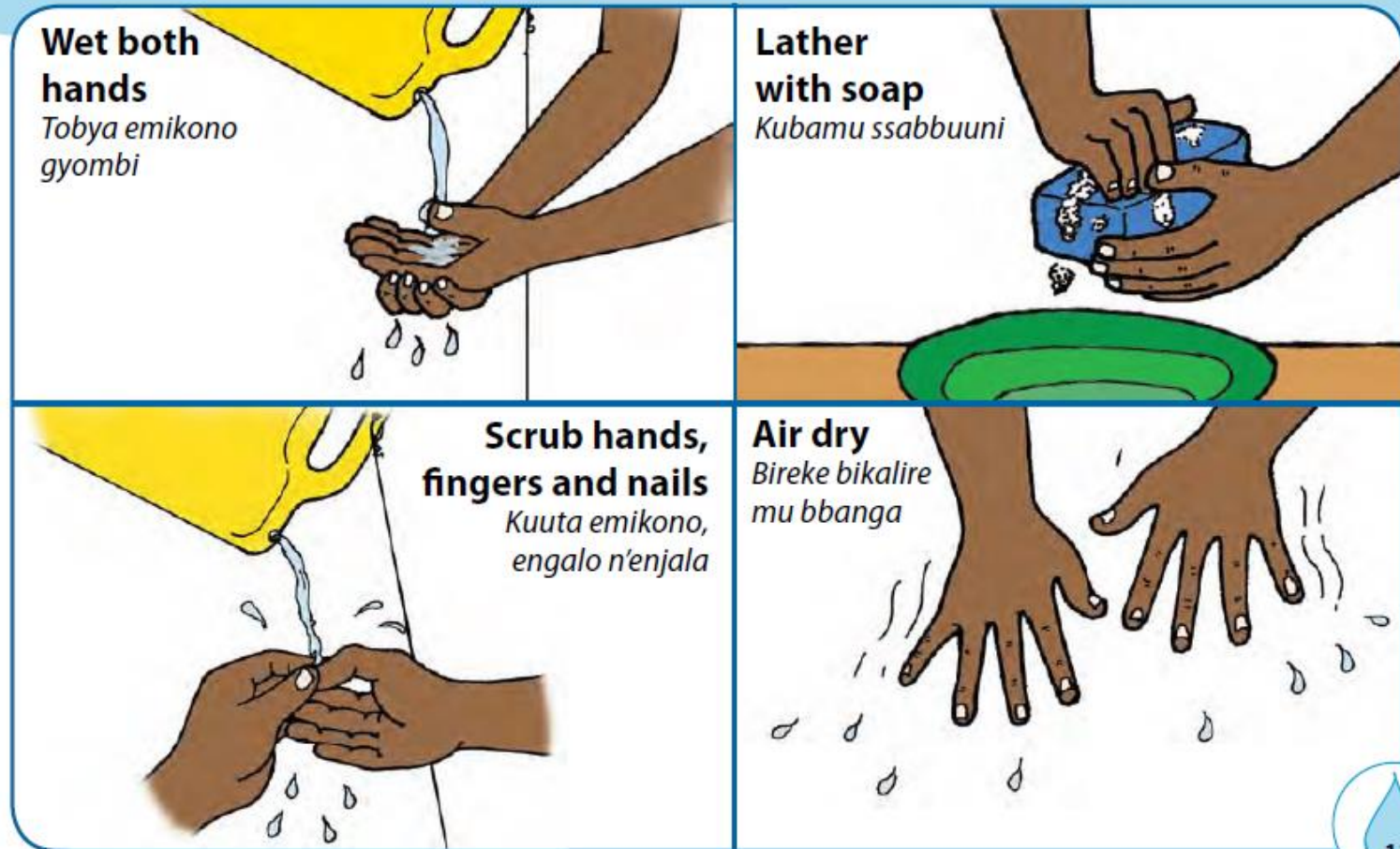
...with soap and water.

...ng'okozesa ssabbuuni n'amazzi.

Prevention of Diarrhea – Washing Hands

How to Wash Your Hands

Onaaba otya mu ngalo?



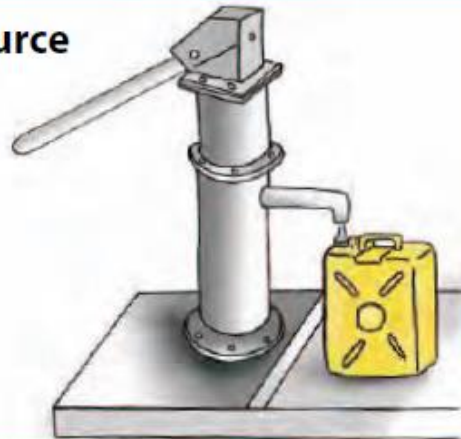
Prevention of Diarrhea – Clean Water

Sources of Clean Water

Ebifo omuva amazzi amayonjo

Protected source

Oluzzi olulabirire



Boiling

Okufumba



Treating

Okussaamu eddagala



Filtering

Okusengejja



Prevention of Diarrhea – Clean Water

How to Make Water Safe Using Waterguard

Osobola otya okuyonja amazzi ng'okozesa Waterguard?



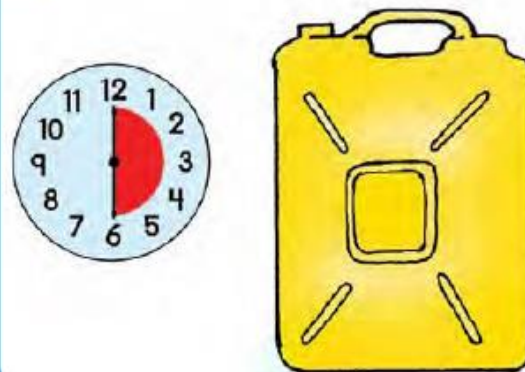
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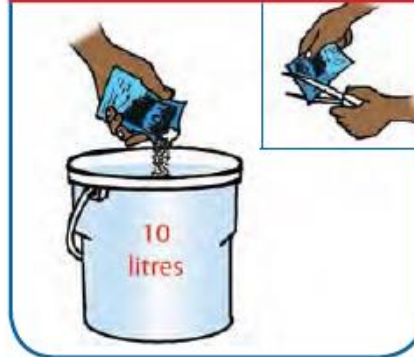
Prevention of Diarrhea – Clean Water

How to Make Safe Water Using PUR

Osobola otya okuyonja amazzi ng'okozesa PUR?



1. MIX Tabika



2. STIR Tabula



3. FILTER Ttulula



Wait
for 20
minutes

4. DRINK Nywa



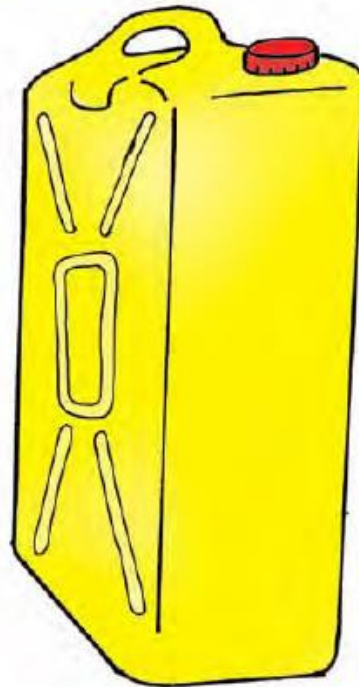
Prevention of Diarrhea – Clean Water

Store Water in Clean, Covered Containers

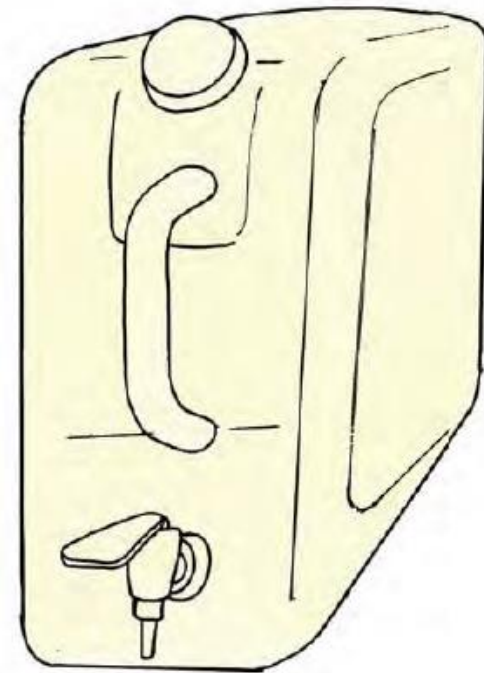
Amazzi gatekeke mu bintu ebyonjo nga bibikkeko



Good
Kirungi



Better
Kisingako



Best
Kiyitirivu



Prevention of Diarrhea

Keep Safe Water Clean

Amazzi amalungi gakuume nga mayonjo

X



✓

