

Overview

- Vitamin A is vital for a child'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 becoming very sick if they have measles, malaria or diarrhoea.
- 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 six months and five years of age**.

What you can do

- Make sure you know your National Society's policy on when volunteers may give vitamin A to children. Follow the policy.
- Conduct social mobilization activities before a vaccination campaign (see Action tool 25) to tell the community about vitamin A supplementation.
- Coordinate with health professionals from your local health facilities. They can tell you how to administer vitamin A and what doses to give.
- Make sure a good plan is prepared for providing vitamin A supplements.
- Make sure all children from the ages of six months to five 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 two doses.