

WHY VITAMIN A?

Vitamin A is an essential nutrient **not** produced by the body.

Prevents childhood blindness

Boosts the immune system

Protects against life-threatening infections

VITAMIN A DEFICIENCY CAN LEAD TO BLINDNESS AND OTHER CHILDHOOD ILLNESSES.

HOW TO PREVENT VITAMIN A DEFICIENCY

Vitamin A can be found in meat, fish, dairy, green leafy vegetables, and bright red and orange fruits and vegetables. Children who cannot eat enough of these foods need supplementation with vitamin A to protect against vitamin A deficiency.



CHILDREN AGES 6-59 MONTHS SHOULD RECEIVE VITAMIN A SUPPLEMENTATION EVERY 4-6 MONTHS.



100,000 IU of vitamin A
Ages 6 - 11 months

Vitamin A is very safe for children, and can be given with vaccinations, deworming, multivitamins, and fortified foods.



200,000 IU of vitamin A
Ages 12 - 59 months



Side effects are rare and temporary

