

Me yasa za a ba da Vitamin A Supplementation ga Yara Watanni 6 zuwa 59?

1. Yana Da Mahimmanci — Vitamin A wani muhimmin sinadari ne wanda jiki baya samar dashi, amma yara suna bukatar sa domin su rayu su bunkasa!

2. Ya na samuwa ne daga Abinci da kuma Supplements — Abincin da ke cike da bitamin A sun hada da nono da kayayyakin dabbobi kamar nama, kifi, da madara. Vhakanan yana cikin kayan lambu masu ganye kamar alayyahu da bright red da 'ya'yan itacen marmari masu launi kala kala, kamar su mangoro, dankalin hausa da karas. Yaran da ba za su iya cin waƙannan wadataccen abinci ba suna bukatar supplementation tare da bitamin A don kariya daga karancin bitamin A.

3. Idan ko babu, Rashi ne sosai — Vitamin A deficiency (VAD) wato rashin vitamin A yana shafar kimanin yara miliyan 190 da ke tsakanin watanni 6 - 59 a duniya. VAD na iya haifar da makanta da cututtukan yara kamar su gudawa, kyanda, da sauransu. VAD shima babban mai ba da gudummawa ne ga mutuwar yara. Wannan shine dalilin da ya sa rage VAD yake da mahimmanci a cikin shirye-shiryen rayuwar yara.

4. Bada Supplementation sananne don Rage Mutuwar Yaro — Hukumar Lafiya ta Duniya ta ba da shawarar cewa duk yaron da ke tsakanin watanni 6 - 59 su sami kariyar bitamin A duk bayan watanni 4 - 6 idan suna zaune a kasashe inda VAD shine matsakaiciyar ko matsalar kiwon lafiyar jama'a. Wannan kariya ce, ba magani ba, taku ne don kawar da VAD. Vitamin A supplementation yana rage mace-macen yara da kashi 24%.

Nasihar iyaye da sauran masu kulawa

1. Capsules din suna zuwa cikin launuka masu lamba biyu, takamaiman shekaru bada maganin

Capsules masu shundin launi suna isar da **100,000 IU na bitamin A-** ga yara masu shekarun watanni 6 - 11.

Capsules masu jan launi suna isar da **200,000 IU na bitamin A-** ga yara masu shekaru watanni 12 - 59.



2. Bayar da Bitamin A Kowane Wata 6 — Farawa daga wata 6, yara ya kamata su sami kashi 1 na vitamin A duk bayan wata 4 - 6 har sai sun kai ranar da suka isa shekara 5.

3. Yana kara Lafiya — Vitamin A yana da aminci ga yara. Tun daga 1997 an ba da adadin vitamin A biliyan 8 a duk duniya. Babu sananniyar mace-mace saboda supplement na bitamin A, kuma ana iyabayar bayar da ita da allurar rigakafi, deworming, multivitamins, da abinci masu inganci.

4. Fa'idodi — Vitamin A yana sa yara su zama masu cikakkun lafiya da kuzari: 1) hana makantar yara (xerophthalmia), 2) inganta garkuwar jiki, 3) rage kasadar mace-macen yara kanana da kashi 24%, 4) raguwar tsananin gudawa da kyanda, da 5) rage karancin jini.

5. Illoli 5 da ba saba samun su ba kuma na dan lokaci — 5 a cikin kowane yara 100 na iya fuskantar ɗaya ko fiye da haka illa na vitamin A. Illolin na dadewa akalla awanni 48 bayan yaro ya sami vitamin A, sannan kuma su bace. Acikin kananan illoli da ba saba samu, su ne kamar haka: 1) tashin zuciya, 2) amai, 3) ciwon kai, 4) rashin cin abinci, ko 5) kumburin fontanel (wuri mai taushi a saman kai). **Idan alamomin sun daɗe fiye da kwanaki 2, ko kuma idan wasu alamun sun bayyana, to yaron yana bukatar kulawar likita.**

Yadda ake isar da Vitamin A ga Yara Watanni 6 - 59

! Kada ka taɓa aika vitamin A gida tare da mai kulawa don isar wa yaron anjuma. !

Ka'idodin cancanta*

Dole ne sai yaro ya cika duk ka'idodin 3 don cancancin VAS

1. Watanni 6 - 59 — dole ne yaro sai yakai wata shida da haihuwa kafun ya iya karba kashi na farko, kuma bai kai shekaru 5 da haihuwa ba a lokacin karbar kashi na karshe na vitamin A.

2. Kashi na karshe Akalla Wata 1 da Ya wuce — Yaro bai karɓi bitamin A ba a cikin wata 1 da ya gabata (makonni 4).

3. Damuwa da Lafiya: Babu Matukar Wahalar Numfashi — Maro ba su da wahalar numfashi a ranar da suka karɓi vitamin A.

Idan yaro yana da matukar wahalar numfashi a yau, kar a ba da sabis kuma a tura yaro don ganin likita.

Yin amfani da kyawawan halaye na rigakafin kamuwa da cuta

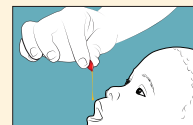
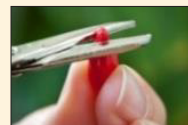
1. Tsabtace Hannu A Duk Lokacin da Ka Bada Vitamin A — Tsabtace hannu ta amfani da man tsabtace hannu, ko sabulu da ruwa mai tsafta, a kowane lokaci kafin a ba bitamin A yaro.

2. Yi amfani da almakashi mai tsafta kuma a goge raguwar man — Yi amfani da almakashi mai tsafta don yanke saman capsule din. Bayan bada bitamin A, goge raguwar man daga hannuwanku da almakashi.

3. Kar A Taɓa Yaron — Don hana kamuwa da cuta, mai kulawa shi ne mutumin da ya kamata ya taɓa yaron. Yi umarni ga mai kulawa da yaron ta rike kan yaro da tabbatar da cewa bakin yaron a buɗe yake don karɓar vitamin A.

4. Kar a tilasta wa yaro ya sha Vitamin A — Tabbatar cewa yaron ya natsu.

Don rage haɗarin shakewa, kada a tilasta yaro ya sha vitamin A kuma kar a ba yaro mai kuka.



Me yasa ake bawa yara wayenda suka kai watanni 12 - 59?

1. Yana Inganta Kiwan lafiya da Matsayin Abinci — Deworming yana kawar da tsutsotsi na hanji, wanda kuma aka fi sani da soil-transmitted helminths (STH). Yaran da basu da tsutsa a ciki su suka fi morewa ingantaccen abinci. Tsari ga yara daga tsutsotsi abu ne mafi sauƙi kuma abu ne mara-tsada don inganta lafiyarsu.

2. Idan Ba'a Deworming — soil-transmitted helminths, wanda ake fi kira da tsutsotsi na hanji, sun haɗa da tsutsotsi, da kutsiyoyi, da kuma whipworms. STH yana ba da gudummawa ga rashin lafiya da kuma cin abinci mai gina jiki a cikin yara 'yan makarantar masu shekaru watanni 12-59. Idan ba a kula da shi ba, tsutsotsi na hanji na haifar da "damuwa", rashin cin abinci mai gina jiki da kuma karancin abinci, har da karancin jini. STH kuma yana bata tasirin vitamin A. Kimanin yara miliyan 266 na makarantan primary 'yan Kasa da shekaru 5 suna cikin haɗarin kamuwa da cututtukan STH, a duniya.

3. Kyakyawan Lafiya, Halayyar Rigakafin — Tsutsotsi na hanji da kwan su suna yaɗuwa ne ta cikin najasa, wanda ke gurbata Kasa da ruwa. Halayen kyakyawan lafiya na iya dakatar da yaduwar STH kuma sun haɗa da: a) shan ruwa mai tsafta, b) amfani da bandaki, c) sanya takalmi, wanke 'ya'yan itace da kayan marmari a cikin ruwa mai tsafta, e) dafa danyen abinci, d) wanke hannu ta amfani da sabulu da ruwa mai tsabta kafin cin abinci ko ciyar da wasu kuma bayan an yi bayan gida, da g) kar a ba yara damar cin datti ko najasar dabbobi.

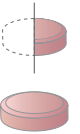
4. Bada Maganin Deworming don Inganta Abinci — Hukumar ta WHO ta ba da shawarar cewa duk yaran da ke tsakanin watanni 12 zuwa 59 su karɓi rigakafin deworming idan suna zaune a Kasashe masu fama da cutar ta STH.

Nasiha ga iyaye mata da sauran masu ba da kulawa akan deworming

1. Yin amfani da Albendazole wanda ya dace da shekaru — **KULLUN** ka murkushe deworming na **DUKA** yaran dake karkashin shekaru 5.

200 MG (rabin kwayar, nikakke)—ga yara 'yan watanni 12 - 23. Idan kayi amfani da rabin kwayar, ka ajiye sauran rabin don amfani dashi ga wani yaro.

400 MG (rabin kwayar, nikakke)—ga yara 'yan watanni 24 - 59.



2. Bada Deworming Kowani Watanni 4 zuwa 6 — PBada shi ga yara masu shekaru 12 - 59 na matakin da ya dace da deworming kowane watanni 4 zuwa 6, tare da bitamin A.

3. Yana kare Lafiya — Deworming na kare lafiya kwarai, kuma ana iya bayar dashi tare da supplement din vitamin A, allurar rigakafi, multivitamins, da abinci masu inganci.

4. Fa'idodi — Deworming din yan makarantar masu watanni 12 - 59 1) yana nufin cewa zasu rabu da tsutsotsi, kuma a yin haka, yana 2) inganta yanayin abinci mai gina jiki, 3) inganta yanayin karancin abinci

5. Ba'a Samun illa, Koda an Samu na dan lokaci Kadan ne — Kimanin yara 5 cikin 100 na iya samun illa ɗaya ko fiye da haka daga deworming. Illolin na dan lokaci ne kuma basu wuce fiye da awanni 48 bayan deworming. Acikin kananan illoli da ake iya samu, su na iya haɗawa da: 1) ciwon kai, 2) tashin zuciya, 3) amai, 4) kasala, 5) raunin ciki, ko 6) gudawa.

6. Sauran Illolin Tsutsar ciki — Tsutsotsi na iya bayyana a cikin bayan gidan yaron, kuma a wasu lokuta mafi karanci, tsutsotsi na iya fita daga hanci ko baki. A wannan yanayin, mai ba da kulawa ya kamata ya taimaki yaron a hankali wajen cire tsutsotsi ko tofa su waje ta baki. Idan alamomin sun dace fiye da kwanaki 2, ko kuma idan wasu alamun sun bayyana, to yaron yana buƙatar kulawar likita.

Yadda Ake Isar da Deworming ga Yara masu watanni 12 - 59

! Kada ka taɓa aika deworming gida tare da mai kulawa isar wa yaron anjuma. !

Ka'idodin cancanta*

Dole ne yaro ya cika duka ka'idodin 6 kafun ya cancanci VAS cancantar karban deworming.

1. Watanni 6 zuwa 59 — HTabbatar da yaran sun faɗi a tsakanin watanni 12 - 59.

2. Kashi na karshe Akalla Wata 1 da Ya

wuce — Yaro bai karɓi bitamin A ba a cikin wata 1 da ya gabata (makonni 4).

3. Matsalolin Kiwon Lafiya — Tabbatar cewa yaron ba shi da ɗaya daga cikin waɗannan matsalolin kiwon lafiyar a yau:

- Idan yaro yana da matukar wahalar numfashi
- Zazabɓi,
- Amai, ko
- Gudawa mai tsanani.

Kar a ba da sabis kuma a tura yaro don ganin likita.

Yin amfani da kyawawan halaye na rigakafin kamuwa da cuta

1. Tsabtace Hannuwa — Tsabtace hannu ta amfani da man tsabtace hannu, ko sabulu da ruwa mai tsafta.

2. Murkushe Kwayoyin — PKullum ka murkushe kwayoyin deworming ga **DUKKAN** yaran da shekarunsu suka gaza 5. Sanya ko rabin kwayar ko duka kwayan a cikin karamin takarda sannan a ninkie. Murkushe kwayar har sai ya zama hoda mai kyau ta amfani da kwalban gilashi. Takardan da aka nada zai yi aiki kamar mazurari don zuba hoda a cikin bakin yaron.

3. Kar a Taɓi Yaron — MTambayi mai bada kulawa ya dapa keyan yaron kuma ya tabbatar cewa bakin yaron yana buɗe. Yi amfani da mazurarin takardan don zuba a hankali a cikin bakin yaron.

4. Kar a tilasta wa Yaron Ya Sha maganin Deworming — Rage haɗarin shaƙewa ta hanyar tabbatar da cewa yaron ya natsu kuma ya yarda ya sha maganin deworming. **Kada ka tilasta wa yaro ya sha maganin deworming kuma kada a ba yaro wanda yake kuka.**

5. Bayar da Ruwan Sha Mai Tsabta Bayan Deworming —

Bayan an ba wa yaro maganin deworming, za a iya ba su ruwan sha mai tsabta a cikin kofi mai tsabta. Idan ba a sami ruwa mai tsafta ba, tafasashen ruwa, tacewa ta filter, saka chlorine a cikin ruwan zasu iya sa ruwan ta zama ingantacce domin sha.

