

# INTEGRATED MANAGEMENT OF CHILDHOOD ILLNESS

## SICK CHILD AGE 2 MONTHS UP TO 5 YEARS

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# ASSESS AND CLASSIFY THE SICK CHILD AGE 2 MONTHS UP TO 5 YEARS



## ASSESS

## CLASSIFY

## IDENTIFY TREATMENT

ASK THE MOTHER WHAT THE CHILD'S PROBLEMS ARE

- Determine if this is an initial or follow-up visit for this problem.
  - if follow-up visit, use the follow-up instructions on *TREAT THE CHILD* chart.
  - if initial visit, assess the child as follows:

CHECK FOR GENERAL DANGER SIGNS		SIGNS	CLASSIFY AS	TREATMENT <small>(Urgent pre-referral treatments are in bold print.)</small>
<p><b>ASK:</b></p> <ul style="list-style-type: none"> <li>• Is the child able to drink or breastfeed?</li> <li>• Does the child vomit everything?</li> <li>• Has the child had convulsions?</li> </ul>	<p><b>LOOK:</b></p> <ul style="list-style-type: none"> <li>• See if the child is lethargic or unconscious.</li> <li>• See if the child is convulsing now.</li> </ul>	<ul style="list-style-type: none"> <li>• Any general danger sign.</li> </ul>	<p><b>VERY SEVERE DISEASE</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Treat convulsions if present now.</b></li> <li><input type="checkbox"/> <b>Complete assessment immediately.</b></li> <li><input type="checkbox"/> <b>Give first dose of an appropriate antibiotic.</b></li> <li><input type="checkbox"/> <b>Treat the child to prevent low blood sugar.</b></li> <li><input type="checkbox"/> <b>Refer URGENTLY to hospital*.</b></li> </ul>

THEN ASK ABOUT MAIN SYMPTOMS: Does the child have cough or difficult breathing?						
<p><b>IF YES, ASK:</b></p> <ul style="list-style-type: none"> <li>• For how long?</li> </ul>	<p><b>LOOK AND LISTEN:</b></p> <ul style="list-style-type: none"> <li>• Count the breaths in one minute.</li> <li>• Look for chest indrawing.</li> <li>• Look and listen for stridor.</li> <li>• Look and listen for wheeze</li> </ul>	<p>CHILD MUST BE CALM</p>	<p><i>Classify</i> <b>COUGH or DIFFICULT BREATHING</b></p>	<ul style="list-style-type: none"> <li>• Any general danger sign OR</li> <li>• Stridor in calm child OR</li> <li>• Chest indrawing (If chest indrawing and wheeze go directly to "Treat Wheezing" then reassess after treatment).</li> </ul>	<p><b>SEVERE PNEUMONIA OR VERY SEVERE DISEASE</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Give first dose of an appropriate antibiotic.</b></li> <li><input type="checkbox"/> <b>Treat wheezing if present.</b></li> <li><input type="checkbox"/> <b>Treat the child to prevent low blood sugar.</b></li> <li><input type="checkbox"/> <b>Refer URGENTLY to hospital.*</b></li> </ul>
		<p><b>Fast breathing is:</b></p> <p>2 months up to 12 months: <b>50</b> breaths per minute or more</p> <p>12 months up to 5 years: <b>40</b> breaths per minute or more</p>				
			<ul style="list-style-type: none"> <li>• Fast breathing (If wheeze, go directly to "Treat Wheezing" then reassess after treatment).</li> </ul>	<p><b>PNEUMONIA</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Give an appropriate antibiotic for 5 days.</b></li> <li><input type="checkbox"/> <b>Treat wheezing if present.</b></li> <li><input type="checkbox"/> If coughing more than 30 days, refer for assessment.</li> <li><input type="checkbox"/> Soothe the throat and relieve the cough with a safe remedy.</li> <li><input type="checkbox"/> Advise mother when to return immediately.</li> <li><input type="checkbox"/> Follow up in 2 days.</li> </ul>	
			<ul style="list-style-type: none"> <li>• No signs of pneumonia or very severe disease. (If wheeze, go directly to "Treat Wheezing").</li> </ul>	<p><b>NO PNEUMONIA: COUGH OR COLD</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Treat wheezing if present.</b></li> <li><input type="checkbox"/> If coughing more than 30 days, refer for assessment.</li> <li><input type="checkbox"/> Soothe the throat and relieve the cough with a safe remedy.</li> <li><input type="checkbox"/> Advise mother when to return immediately.</li> <li><input type="checkbox"/> Follow up in 2 days if wheezing.</li> <li><input type="checkbox"/> Follow-up in 5 days if not improving</li> </ul>	

# Does the child have diarrhoea?

## IF YES, ASK: LOOK AND FEEL:

- For how long?
- Is there blood in the stool?
- Look at the child's general condition. Is the child:
  - Lethargic or unconscious?
  - Restless and/or irritable?
- Look for sunken eyes.
- Offer the child fluid. Is the child:
  - Not able to drink or drinking poorly?
  - Drinking eagerly, thirsty?
- Pinch the skin of the abdomen. Does it go back:
  - Very slowly (longer than 2 seconds)?
  - Slowly?

## Classify DIARRHOEA

for DEHYDRATION

and if diarrhoea 14 days or more

and if blood in stool

Two of the following signs: <ul style="list-style-type: none"> <li>• Lethargic or unconscious.</li> <li>• Sunken eyes.</li> <li>• Not able to drink or drinking poorly.</li> <li>• Skin pinch goes back very slowly.</li> </ul>	<b>SEVERE DEHYDRATION</b>	<ul style="list-style-type: none"> <li>□ If child has no other severe classification:                             <ul style="list-style-type: none"> <li>- Give fluid for severe dehydration (Plan C).</li> <li>OR</li> </ul> </li> <li><b>If child also has another severe classification:**</b> <ul style="list-style-type: none"> <li>- Refer <b>URGENTLY</b> to hospital with mother giving frequent sips of ORS on the way.</li> <li>Advise the mother to continue breastfeeding.</li> </ul> </li> <li>□ If child is 2 years or older and there is cholera in your area, give antibiotic for cholera.</li> </ul>
Two of the following signs: <ul style="list-style-type: none"> <li>• Restless, irritable.</li> <li>• Sunken eyes.</li> <li>• Drinks eagerly, thirsty.</li> <li>• Skin pinch goes back slowly.</li> </ul>	<b>SOME DEHYDRATION</b>	<ul style="list-style-type: none"> <li>□ Give fluid and food for some dehydration (Plan B).</li> <li>□ If child also has a severe classification:                             <ul style="list-style-type: none"> <li>- Refer <b>URGENTLY</b> to hospital with mother giving frequent sips of ORS on the way.</li> <li>Advise the mother to continue breastfeeding.</li> </ul> </li> <li>➤ If child is 2 years or older and there is cholera in your area, give antibiotic for cholera.</li> <li>➤ Give Zinc Syrup for 14 days.</li> <li>□ Advise mother when to return immediately.</li> <li>□ Follow-up in 5 days if not improving.</li> </ul>
Not enough signs to classify as some or severe dehydration.	<b>NO DEHYDRATION</b>	<ul style="list-style-type: none"> <li>□ Give fluid and food to treat diarrhoea at home (Plan A).</li> <li>□ If child is 2 years or older and there is cholera in your area, give antibiotic for cholera.</li> <li>➤ Give Zinc Syrup for 14 days.</li> <li>□ Advise mother when to return immediately.</li> <li>□ Follow-up in 5 days if not improving.</li> </ul>
• Dehydration present.	<b>SEVERE PERSISTENT DIARRHOEA</b>	<ul style="list-style-type: none"> <li>□ Treat dehydration before referral unless the child has another severe classification.</li> <li>□ Refer to hospital.</li> </ul>
• No dehydration.	<b>PERSISTENT DIARRHOEA</b>	<ul style="list-style-type: none"> <li>□ Advise the mother on feeding a child who has PERSISTENT DIARRHOEA.</li> <li>□ Give multivitamin, mineral supplement including zinc for 14 days</li> <li>□ Advise mother when to return immediately.</li> <li>□ Follow-up in 5 days.</li> </ul>
• Blood in the stool.	<b>DYSENTERY</b>	<ul style="list-style-type: none"> <li>□ Treat for 5 days with an oral antibiotic recommended for Shigella.</li> <li>□ Advise mother when to return immediately.</li> <li>□ Follow-up in 2 days.</li> </ul>

\*If referral is not possible, manage the child as described in **Management of Childhood Illness, Treat the Child, Annex: Where Referral Is Not Possible, and WHO guidelines for inpatient care.** \*\* If the other severe classification is based ONLY on "lethargy" or "not able to drink", go to plan C

## Check for throat problem

### ASK:

- Does the child have fever? (by history or feels hot or temperature 37.5 C or more)
- Does the child have sore throat?

### LOOK AND FEEL:

- Feel for enlarged tender lymph node(s) on the front of the neck.
- Look for red (congested) throat
- Look for white or yellow exudate on the throat and tonsils

### Classify THROAT PROBLEM

<ul style="list-style-type: none"> <li>• fever <b>OR</b> Sore throat <b>AND</b> <b>Two of the following :</b></li> <li>• Red (congested) throat</li> <li>• White or yellow exudate on the throat or tonsils.</li> <li>• Enlarged tender lymph node(s) on the front of the neck.</li> </ul>	<b>STREPTOCOCCAL SORE THROAT</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Give benzathine penicillin.</li> <li><input type="checkbox"/> Soothe the throat with a safe remedy.</li> <li><input type="checkbox"/> Give paracetamol for pain.</li> <li><input type="checkbox"/> Advise mother when to return immediately.</li> <li><input type="checkbox"/> Follow up in 5 days if not improving.</li> </ul>
<ul style="list-style-type: none"> <li>• Sore throat <b>OR</b></li> <li>• Not enough signs to classify as streptococcal sore throat</li> </ul>	<b>NON STREPTOCOCCAL SORE THROAT</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Soothe the throat with a safe remedy.</li> <li><input type="checkbox"/> Give paracetamol for pain.</li> <li><input type="checkbox"/> Advise mother when to return immediately.</li> <li><input type="checkbox"/> Follow up in 5 days if not improving.</li> </ul>
<ul style="list-style-type: none"> <li>• No throat signs or symptoms ( with or without fever)</li> </ul>	<b>NO THROAT PROBLEM</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Continue assessment of the child.</li> </ul>

## Does the child have an ear problem?

### IF YES, ASK:

- Is there agonizing ear pain?
- Is there ear discharge? If yes, for how long?

### LOOK AND FEEL:

- Look for pus draining from the ear.
- Feel for tender swelling behind the ear.

### Classify EAR PROBLEM

<ul style="list-style-type: none"> <li>• Tender swelling behind the ear.</li> </ul>	<b>MASTOIDITIS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Give first dose of an appropriate antibiotic.</li> <li><input type="checkbox"/> Give first dose of paracetamol for pain.</li> <li><input type="checkbox"/> Treat the child to prevent low blood sugar.</li> <li><input type="checkbox"/> Refer <b>URGENTLY</b> to hospital.</li> </ul>
<ul style="list-style-type: none"> <li>• Agonizing ear pain <b>OR</b></li> <li>• Pus is seen draining from the ear <b>and</b> discharge is reported for less than 14 days.</li> </ul>	<b>ACUTE EAR INFECTION</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Give an antibiotic for 10 days.</li> <li><input type="checkbox"/> Give paracetamol for pain.</li> <li><input type="checkbox"/> Dry the ear by wicking.</li> <li><input type="checkbox"/> Advise mother when to return immediately.</li> <li><input type="checkbox"/> Follow-up in 5 days.</li> </ul>
<ul style="list-style-type: none"> <li>• Pus is seen draining from the ear <b>and</b> discharge is reported for 14 days or more.</li> </ul>	<b>CHRONIC EAR INFECTION</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dry the ear by wicking.</li> <li><input type="checkbox"/> Refer to ENT specialist.</li> </ul>
<ul style="list-style-type: none"> <li>• No ear pain <b>AND</b></li> <li>• No pus seen draining from the ear.</li> </ul>	<b>NO EAR INFECTION</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Advise mother to go to ENT specialist for assessment.</li> </ul>

# Does the child have fever?

(by history or feels hot or temperature 37.5°C \*\* or above)

## IF YES, ASK:

- For how long?
- If more than 5 days, has fever been present every day?
- Has the child had measles within the last 3 months?

## LOOK AND FEEL:

- Look or feel for stiff neck.
- Look for signs of MEASLES
  - Generalized rash **and**
  - One of these: cough, runny nose, or red eyes.

### Classify FEVER

<ul style="list-style-type: none"> <li>• Any general danger sign OR</li> <li>• Stiff neck</li> </ul>	<b>VERY SEVERE FEBRILE DISEASE</b>	<ul style="list-style-type: none"> <li>☐ Give first dose of an appropriate antibiotic.</li> <li>☐ Treat the child to prevent low blood sugar.</li> <li>☐ Give one dose of paracetamol in clinic for fever (38°C or above).</li> <li>☐ Refer <b>URGENTLY</b> to hospital.</li> </ul>
<ul style="list-style-type: none"> <li>• An apparent bacterial cause of fever present e.g.                             <ul style="list-style-type: none"> <li>- Pneumonia</li> <li>- Dysentery</li> <li>- Streptococcal sore throat</li> <li>- Acute ear infection</li> <li>- Other apparent causes***</li> </ul> </li> </ul>	<b>FEVER-POSSIBLE BACTERIAL INFECTION</b>	<ul style="list-style-type: none"> <li>☐ Give paracetamol for fever (38°C or above).</li> <li>☐ Treat apparent causes of fever.</li> <li>☐ Advise mother when to return immediately.</li> <li>☐ If fever is present every day for more than 5 days, refer for assessment.</li> <li>☐ Follow-up in 2 days if fever persists.</li> </ul>
<ul style="list-style-type: none"> <li>• No apparent bacterial cause of fever</li> </ul>	<b>FEVER-BACTERIAL INFECTION UNLIKELY</b>	<ul style="list-style-type: none"> <li>☐ Give paracetamol for fever (38°C or above).</li> <li>☐ Advise mother when to return immediately.</li> <li>☐ If fever is present every day for more than 5 days, refer for assessment.</li> <li>☐ Follow-up in 2 days if fever persists.</li> </ul>

## If the child has measles now or within the last 3 months:

- Look for mouth ulcers. Are they deep and extensive?
- Look for pus draining from the eye.
- Look for clouding of the cornea.

### if MEASLES now or within last 3 months, Classify

<ul style="list-style-type: none"> <li>• Any general danger sign OR</li> <li>• Clouding of cornea OR</li> <li>• Deep or extensive mouth ulcers OR</li> <li>• Measles now AND pneumonia</li> </ul>	<b>SEVERE COMPLICATED MEASLES****</b>	<ul style="list-style-type: none"> <li>☐ Give first dose of an appropriate antibiotic.</li> <li>☐ Treat the child to prevent low blood sugar.</li> <li>☐ Give one dose of paracetamol in clinic for fever (38°C or above).</li> <li>☐ If clouding of the cornea or pus draining from the eye, apply tetracycline eye ointment.</li> <li>☐ Give Vitamin A. (if was not given in the last 4 months)</li> <li>☐ Refer <b>URGENTLY</b> to hospital.</li> </ul>
<ul style="list-style-type: none"> <li>• Pus draining from the eye OR</li> <li>• Mouth ulcers.</li> </ul>	<b>MEASLES WITH EYE OR MOUTH COMPLICATIONS****</b>	<ul style="list-style-type: none"> <li>☐ Give paracetamol for fever (38°C or above).</li> <li>☐ If pus draining from the eye, treat eye infection with tetracycline eye ointment.</li> <li>☐ Give Vitamin A. (if was not given in the last 4 months)</li> <li>☐ If mouth ulcers, treat with gentian violet.</li> <li>➤ Advise mother when to return immediately.</li> <li>☐ Follow-up in 2 days.</li> </ul>
<ul style="list-style-type: none"> <li>• Measles now or within the last 3 months AND</li> <li>• None of the above signs.</li> </ul>	<b>MEASLES</b>	<ul style="list-style-type: none"> <li>☐ Give paracetamol for fever (38°C or above).</li> <li>☐ Give Vitamin A. (if was not given in the last 4 months)</li> <li>☐ Advise the mother when to return immediately.</li> <li>☐ Follow-up in 2 days if not improving.</li> </ul>

\*\* These temperatures are based on axillary temperature. Rectal temperature readings are approximately 0.5°C higher.

\*\*\* Other apparent causes of fever include cellulitis, abscess, or boil.

\*\*\*\* Other important complications of measles - stridor, diarrhoea, ear infection, and malnutrition - are classified in other tables.

## THEN CHECK FOR MALNUTRITION AND ANAEMIA

### LOOK AND FEEL:

- Look for visible severe wasting.
- Look for oedema of both feet.
- Determine weight for age.

### LOOK :

- Look for palmar pallor and mucous membrane pallor Is it:

Severe palmar pallor and / or mucous membrane pallor?

Some palmar pallor and / or mucous membrane pallor?

### Classify NUTRITIONAL STATUS

### Classify ANAEMIA

<ul style="list-style-type: none"> <li>• Visible severe wasting or</li> <li>• Oedema of both feet.</li> </ul>	<b>SEVERE MALNUTRITION</b>	<ul style="list-style-type: none"> <li>☐ Give Vitamin A. (if was not given in the last 4 months)</li> <li>☐ Treat the child to prevent low blood sugar..</li> <li>☐ Refer <b>URGENTLY</b> to hospital.</li> </ul>
<ul style="list-style-type: none"> <li>• Low weight for age.</li> </ul>	<b>LOW WEIGHT</b>	<ul style="list-style-type: none"> <li>☐ Assess the child's feeding and counsel the mother on feeding according to the FOOD box on the <i>COUNSEL THE MOTHER</i> chart.</li> <li>- If feeding problem, follow-up in 5 days.</li> <li>☐ Advise mother when to return immediately.</li> <li>➤ Follow-up in 30 days</li> </ul>
<ul style="list-style-type: none"> <li>• Not low weight for age and no other signs of malnutrition.</li> </ul>	<b>NOT LOW WEIGHT</b>	<ul style="list-style-type: none"> <li>☐ If child is less than 2 years old, assess the child's feeding and counsel the mother on feeding according to the FOOD box on the <i>COUNSEL THE MOTHER</i> chart.</li> <li>- If feeding problem, follow-up in 5 days.</li> </ul>
<ul style="list-style-type: none"> <li>• Severe palmar and / or mucous membrane pallor</li> </ul>	<b>SEVERE ANAEMIA</b>	<ul style="list-style-type: none"> <li>☐ Treat the child to prevent low blood sugar</li> <li>☐ Refer <b>URGENTLY</b> to hospital</li> </ul>
<ul style="list-style-type: none"> <li>• Some palmar and / or mucous membrane pallor</li> </ul>	<b>ANAEMIA</b>	<ul style="list-style-type: none"> <li>➤ Assess the child's feeding and counsel the mother on feeding according to the FOOD box on the <i>COUNSEL THE MOTHER</i> chart.</li> <li>- If feeding problem, follow-up in 5 days.</li> <li>➤ Give Iron.</li> <li>➤ Advise mother when to return immediately.</li> <li>➤ Follow-up in 14 days.</li> </ul>
<ul style="list-style-type: none"> <li>• No palmar or mucous membrane pallor</li> </ul>	<b>NO ANAEMIA</b>	<ul style="list-style-type: none"> <li>☐ if child is aged 6 - 30 months, give one dose of Iron weekly.</li> </ul>

## THEN CHECK THE CHILD'S IMMUNIZATION AND VITAMIN A SUPPLEMENTATION STATUS

### IMMUNIZATION SCHEDULE:

AGE	VACCINE		
At birth	OPV (zero dose)	BCG	
2 months	OPV-1	DPT-1	HB-1
4 months	OPV-2	DPT-2	HB-2
6 months	OPV-3	DPT-3	HB-3
9 months	OPV-4		
12 months	OPV-5		MMR
18 months	OPV (booster dose)	DPT(booster dose)	MMR (booster dose)

### VITAMIN A SUPPLEMENTATION SCHEDULE:

9 months 1<sup>st</sup> dose of vitamin A ( 100,000 IU)  
18 months 2<sup>nd</sup> dose of vitamin A ( 200,000 IU)

## ASSESS OTHER PROBLEMS

**MAKE SURE CHILD WITH ANY GENERAL DANGER SIGN IS REFERRED** after first dose of an appropriate antibiotic and other urgent treatments.

**Exception:** Rehydration of the child according to Plan C may resolve danger signs so that referral is no longer needed.



# TREAT THE CHILD

## CARRY OUT THE TREATMENT STEPS IDENTIFIED ON THE ASSESS AND CLASSIFY CHART



### TEACH THE MOTHER TO GIVE ORAL DRUGS AT HOME

Follow the instructions below for every oral drug to be given at home. Also follow the instructions listed with each drug's dosage table.

- ☐ Determine the appropriate drugs and dosage for the child's age or weight.
- ☐ Tell the mother the reason for giving the drug to the child.
- ☐ Demonstrate how to measure a dose.
- ☐ Watch the mother practise measuring a dose by herself.
- ☐ Ask the mother to give the first dose to her child.
- ☐ Explain carefully how to give the drug, then label the package the drug.
- ☐ Explain that all the oral drug syrups must be used to finish the course of treatment, even if the child gets better.
- ☐ Check the mother's understanding before she leaves the clinic.

### ☐ Give an Appropriate Oral Antibiotic

☐ FOR PNEUMONIA (give for 5 days), OR ACUTE EAR INFECTION (give for 10 days):

FIRST-LINE ANTIBIOTIC: AMOXYCILLIN  
SECOND-LINE ANTIBIOTIC: COTRIMOXAZOLE

AGE or WEIGHT	AMOXYCILLIN ☐ Give three times daily for 5 or 10 days		COTRIMOXAZOLE (trimethoprim + sulphamethoxazole) ☐ Give two times daily for 5 or 10 days
	SYRUP 250 mg per 5 ml	SYRUP 125 mg per 5 ml	SYRUP 40 mg trimethoprim +200 mg sulphamethoxazole per 5 ml
2 months up to 4 months (4 - <6 kg)	2.5 ml	5 ml	2.5 ml
4 months up to 12 months (6 - <10 kg)	2.5 ml	5 ml	5 ml
12 months up to 5 years (10 - 19 kg)	5 ml	10 ml	7.5 ml

☐ FOR DYSENTERY:

Give antibiotic recommended for Shigella for 5 days.

FIRST-LINE ANTIBIOTIC FOR SHIGELLA: COTRIMOXAZOLE  
SECOND-LINE ANTIBIOTIC FOR SHIGELLA: AMPICILLIN

AGE or WEIGHT	COTRIMOXAZOLE SYRUP (trimethoprim + sulphamethoxazole ) ☐ Give two times daily for 5 days	Ampicillin ☐ Give four times daily for 5 days
	SYRUP: 40 mg trimethoprim + 200 mg sulphamethoxazole per 5 ml	SYRUP 250 mg/5 ml
2 months up to 4 months (4 - <6 kg)	2.5 ml	2.5 ml
4 months up to 12 months (6 - <10 kg)	5.0 ml	3.5 ml
12 months up to 5 years (10 - 19 kg)	7.5 ml	7.5 ml

☐ FOR CHOLERA:

Give antibiotic recommended for Cholera for 5 days.

FIRST-LINE ANTIBIOTIC FOR CHOLERA: COTRIMOXAZOLE  
SECOND-LINE ANTIBIOTIC FOR CHOLERA: ERYTHROMYCIN

AGE or WEIGHT	COTRIMOXAZOLE SYRUP (trimethoprim + sulphamethoxazole ) ☐ Give two times daily for 5 days	ERYTHROMYCIN ☐ Give four times daily for 5 days
	Syrup: 40 mg trimethoprim + 200 mg sulphamethoxazole per 5 ml	SYRUP 200 mg/5 ml
2 months up to 4 months (4 - <6 kg)	2.5 ml	1.25 ml
4 months up to 12 months (6 - <10 kg)	5.0 ml	2.5 ml
12 months up to 5 years (10 - 19 kg)	7.5 ml	5 ml

ANTIBIOTICS

TREAT

## TEACH THE MOTHER TO GIVE ORAL DRUGS AT HOME

Follow the instructions below for every oral drug to be given at home. Also follow the instructions listed with each drug's dosage table.

### Give Paracetamol for Fever ( $\geq 38^{\circ}\text{C}$ ) or sore throat or Ear Pain

- Give paracetamol every 6 hours until fever or pain is gone.

AGE or WEIGHT	PARACETAMOL SYRUP (120 mg / 5 ml)
2 months up to 4 months (4 - <6 kg)	2.5 ml
4 months up to 12 months (6 - <10 kg)	5 ml
12 months up to 3 years (10 - <14 kg)	7.5 ml
3 years up to 5 years (14 - 19 kg)	10 ml

### Give Iron

- For treatment of anaemia: give one dose daily for 14 days, then reassess.  
For Iron supplementation: give one dose per week.

AGE or WEIGHT	IRON SYRUP Iron syrup 30 mg/ 5 ml (6 mg elemental iron per ml)
2 months up to 4 months (4 - <6 kg)	2.5 ml
4 months up to 12 months (6 - <10 kg)	5 ml
12 months up to 3 years (10 - <14 kg)	7.5 ml
3 years up to 5 years (14 - 19 kg)	10 ml

### Give Vitamin A

- Give single dose of vitamin A in the clinic.

AGE	VITAMIN A CAPSULES		
	200 000 IU	100 000 IU	50 000 IU
Up to 6 months		1/2 capsule	1 capsule
6 months up to 12 months	1/2 capsule	1 capsule	2 capsules
12 months up to 5 years	1 capsule	2 capsules	4 capsules

### Give Multivitamin / Mineral Supplement

- For persistent diarrhoea, give one dose daily 5 ml of multivitamin mineral mixture for 2 weeks  
each 5 ml includes:

Vitamin A	8000 IU (800 micrograms)
Folate:	100 micrograms
Magnesium:	150 mg
Iron:	20 mg
Zinc:	20 mg
Copper:	2 mg

### Give Oral Salbutamol

- Give Salbutamol syrup three times daily for 5 days.

AGE or WEIGHT	SALBUTAMOL SYRUP (Salbutamol syrup = 2 mg / 5 ml )
2 months up to 4 months (4 - <6 kg)	1.0 ml
4 months up to 12 months (6 - <10 kg)	2.0 ml
12 months up to 3 years (10 - <14 kg)	2.5 ml
3 years up to 5 years (14 - 19 kg)	5.0 ml

### Give Zinc Syrup

- For some or no dehydration give one dose daily for 2 weeks.

AGE	ZINC SYRUP
2 months up to 6 months	10 mg
6 months up to 5 years	20 mg



## TEACH THE MOTHER TO TREAT LOCAL INFECTIONS AT HOME

- Explain to the mother what the treatment is and why it should be given.
- Describe the treatment steps listed in the appropriate box.
- Watch the mother as she does the first treatment in the clinic (except remedy for cough or sore throat).
- Tell her how often to do the treatment at home.
- If needed for treatment at home, give mother the tube of tetracycline ointment or a small bottle of gentian violet.
- Check the mother's understanding before she leaves the clinic.

### □ *Treat Eye Infection with Tetracycline Eye Ointment*

- Clean both eyes 3 times daily.
  - Wash hands.
  - Ask child to close the eye.
  - Use clean cloth and water to gently wipe away pus.
- Then apply tetracycline eye ointment in both eyes 3 times daily.
  - Ask the child to look up.
  - Squirt a small amount of ointment on the inside of the lower lid.
  - Wash hands again.
- Treat until redness is gone.
- Do not use other eye ointments or drops, or put anything else in the eye.

### □ *Dry the Ear by Wicking*

- Dry the ear at least 3 times daily.
  - Roll clean absorbent cloth or soft, strong tissue paper into a wick.
  - Place the wick in the child's ear.
  - Remove the wick when wet.
  - Replace the wick with a clean one and repeat these steps until the ear is dry.

### □ *Treat Mouth Ulcers with Gentian Violet*

- Treat the mouth ulcers twice daily.
  - Wash hands.
  - Wash the child's mouth with clean soft cloth wrapped around the finger and wet with salt water.
  - Paint the mouth with half-strength gentian violet ( 0.25% ) .
  - Wash hands again.

### □ *Soothe the Throat, Relieve the Cough with a Safe Remedy*

- Safe remedies to recommend:
  - Breastmilk for exclusively breastfed infant.
  - Home made remedies e.g. tea with lemon and honey, anise, tileo, guava leaves decoctions, chicken soup.
- Harmful remedies to discourage:
  - Cough syrups containing:  
codeine, antihistamines, alcohol, atropine and expectorants.

## GIVE THESE TREATMENTS IN CLINIC ONLY

- Explain to the mother why the drug is given.
- Determine the dose appropriate for the child's weight (or age).
- Use a sterile disposable syringe. Measure the dose accurately.
- Give the drug as an intramuscular injection.

### Give An Intramuscular Antibiotic

#### FOR CHILDREN BEING REFERRED URGENTLY:

- Give first dose of intramuscular Cefotaxime and refer child urgently to hospital.

#### IF REFERRAL IS NOT POSSIBLE:

- Repeat Cefotaxime injection every 12 hours for 5 days.
- Then change to an appropriate oral antibiotic to complete 10 days of treatment.

AGE or WEIGHT	Cefotaxime Dose: 50 mg per kg Add 5.0 ml sterile water to vial containing 1000 mg = 5.6 ml at 180 mg/ml
2 months up to 4 months (4 - < 6 kg)	1.5 ml = 270 mg
4 months up to 9 months (6 - < 8 kg)	2.0 ml = 360 mg
9 months up to 12 months (8 - < 10 kg)	3.0 ml = 540 mg
12 months up to 3 years (10 - < 14 kg)	4.0 ml = 720 mg
3 years up to 5 years (14 - 19 kg)	5.0 ml = 900 mg

### Treat a Convulsing Child With Sodium Valproate

#### Manage the Airway

- Turn the child on his or her side to avoid aspiration
- Do not insert anything in the mouth.
- If the lips and tongue are blue, open the mouth and make sure the airway is clear.
- If necessary, remove secretions from the throat through a catheter inserted through the nose.

#### Give Sodium Valproate Rectally

- Dilute sodium valproate solution (200 mg/ml) 1:7 with tap water.
- Draw up the dose of sodium valproate into a small syringe. Then remove the needle.
- Attach a piece of nasogastric tubing to the syringe if possible.
- Insert 4 to 5 cm of the tube or the tip of the syringe into the rectum and inject the sodium valproate solution.
- Hold buttocks together for a few minutes.

AGE or WEIGHT	SODIUM VALPROATE GIVEN RECTALLY 25 mg/ml Solution Dose 20 mg/kg
Birth up to 4 months (3-<6 kg)	4 ml
4 months up to 12 months (6 - <10 kg)	6 ml
12 months up to 3 years (10-<14 kg)	10 ml
3 years up to 5 years (14-19 kg)	13 ml

#### IF High Fever, Lower the Fever

- Sponge the child with room temperature water

*Treat the child to prevent low blood sugar*

## □ Treat Wheezing

- Children with wheezing and GENERAL DANGER SIGN OR STRIDOR → Give one dose of rapid acting bronchodilator and refer immediately
  - Children with wheezing and NO GENERAL DANGER SIGN AND NO STRIDOR but having fast breathing and/or chest indrawing → Give rapid acting bronchodilator and reassess the child 30 minutes later
- IF:**
- CHEST INDRAWING PERSISTS → Treat for SEVERE PNEUMONIA (Refer)
  - FAST BREATHING ALONE → Treat for PNEUMONIA
    - Give further dose of rapid acting bronchodilator
    - Give oral salbutamol for 5 days
  - NO FAST BREATHING → Treat for NO PNEUMONIA COUGH OR COLD and give oral salbutamol for 5 days.
- CHILDREN WITH WHEEZING AND NO PNEUMONIA COUGH OR COLD → Give rapid acting bronchodilator Give oral salbutamol for 5 days

RAPID ACTING BRONCHODILATOR		ORAL SALBUTAMOL Three times daily for 5 days	
Nebulized Salbutamol 5 mg/ml	0.5ml Salbutamol plus 2.0ml normal saline	AGE or WEIGHT	2 mg / 5 ml syrup
Metered Dose Inhaler (MDI) with spacer device (100 mcg/dose)	2-3 puffs	2 months up to 4 months (4 - <6 kg)	1.0 ml
		4 months up to 12 months (6 - <10 kg)	2.0 ml
		12 months up to 3 years (10 - <14 kg)	2.5 ml
		3 years up to 5 years (14 - 19kg)	5 ml

## □ Treat the Child to Prevent Low Blood Sugar

- *If the child is able to breastfeed:*  
Ask the mother to breastfeed the child.
- *If the child is not able to breastfeed but is able to swallow:*  
Give expressed breastmilk or a breastmilk substitute.  
If neither of these is available, give sugar water.  
Give 30-50 ml of milk or sugar water before departure.  
  
**To make sugar water: Dissolve 4 level teaspoons of sugar (20 grams) in a 200-ml cup of clean water.**
- *If the child is not able to swallow:*  
Give 50 ml of milk or sugar water by nasogastric tube.

## □ Give An Antibiotic For Streptococcal Sore Throat

- Give a single dose of intramuscular benzathine penicillin .

BENZATHINE PENICILLIN	
Age	Add 5 ml sterile water to vial containing 1.200.000 unit = 6 ml at 200.000 unit / ml
< 5 years	3.0 ml = 600.000 unit

# GIVE EXTRA FLUID FOR DIARRHOEA AND CONTINUE FEEDING

(See **FOOD** advice on **COUNSEL THE MOTHER** chart)

## □ **Plan A: Treat Diarrhoea at Home**

**Counsel the mother on the 3 Rules of Home Treatment:  
Give Extra Fluid, Continue Feeding, When to Return**

### 1. **GIVE EXTRA FLUID** (as much as the child will take)

#### □ **TELL THE MOTHER:**

- Breastfeed frequently and for longer at each feed.
- If the child is exclusively breastfed, give ORS in addition to breastmilk.
- If the child is not exclusively breastfed, give one or more of the following: ORS solution, food-based fluids (such as soup, rice water, yoghurt drink and belila water), or clean water.

#### **It is especially important to give ORS at home when:**

- the child has been treated with Plan B or Plan C during this visit.
- the child cannot return to a clinic if the diarrhoea gets worse.

#### □ **TEACH THE MOTHER HOW TO MIX AND GIVE ORS. GIVE THE MOTHER A BOX OF 10 PACKETS OF ORS TO USE AT HOME AND 200 ML CUP.**

#### □ **SHOW THE MOTHER HOW MUCH FLUID TO GIVE IN ADDITION TO THE 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

#### **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 extra fluid until the diarrhoea stops.

### 2. **CONTINUE FEEDING** 3. **WHEN TO RETURN**



See **COUNSEL THE MOTHER** chart

## □ **Plan B: Treat Some Dehydration with ORS**

**Give in clinic recommended amount of ORS over 4-hour period**

#### □ **DETERMINE AMOUNT OF ORS TO GIVE DURING FIRST 4 HOURS.**

AGE*	Up to 4 months	4 months up to 12 months	12 months up to 2 years	2 years up to 5 years
WEIGHT	< 6 kg	6 - < 10 kg	10 - < 12 kg	12 - 19 kg
ORS In ml	200 - 400	400 - 700	700 - 900	900 - 1400

\*Use the child's age only when you do not know the weight. The approximate amount of ORS required (in ml) can also be calculated by multiplying the child's weight (in kg) by 75.

- If the child wants more ORS than shown, give more.
- For infants under 6 months who are not breastfed, also give 100-200 ml clean water during this period.

#### □ **SHOW THE MOTHER HOW TO GIVE ORS SOLUTION.**

- Give frequent small sips from a cup or cup and spoon (one spoon every 1-2 minutes).
- If the child vomits, wait 10 minutes. Then continue, but more slowly.
- Continue breastfeeding whenever the child wants.

#### □ **AFTER 4 HOURS:**

- Reassess the child and classify the child for dehydration.
- Select the appropriate plan to continue treatment.
- Begin feeding the child in clinic.

#### □ **IF THE MOTHER MUST LEAVE BEFORE COMPLETING TREATMENT:**

- Show her how to prepare ORS solution at home.
- Show her how much ORS to give to finish 4-hour treatment at home.
- Give her enough ORS packets to complete rehydration. Also give her a box of 10 packets of ORS as recommended in Plan A.
- Explain the 3 Rules of Home Treatment:

### 1. **GIVE EXTRA FLUID** 2. **CONTINUE FEEDING** 3. **WHEN TO RETURN**



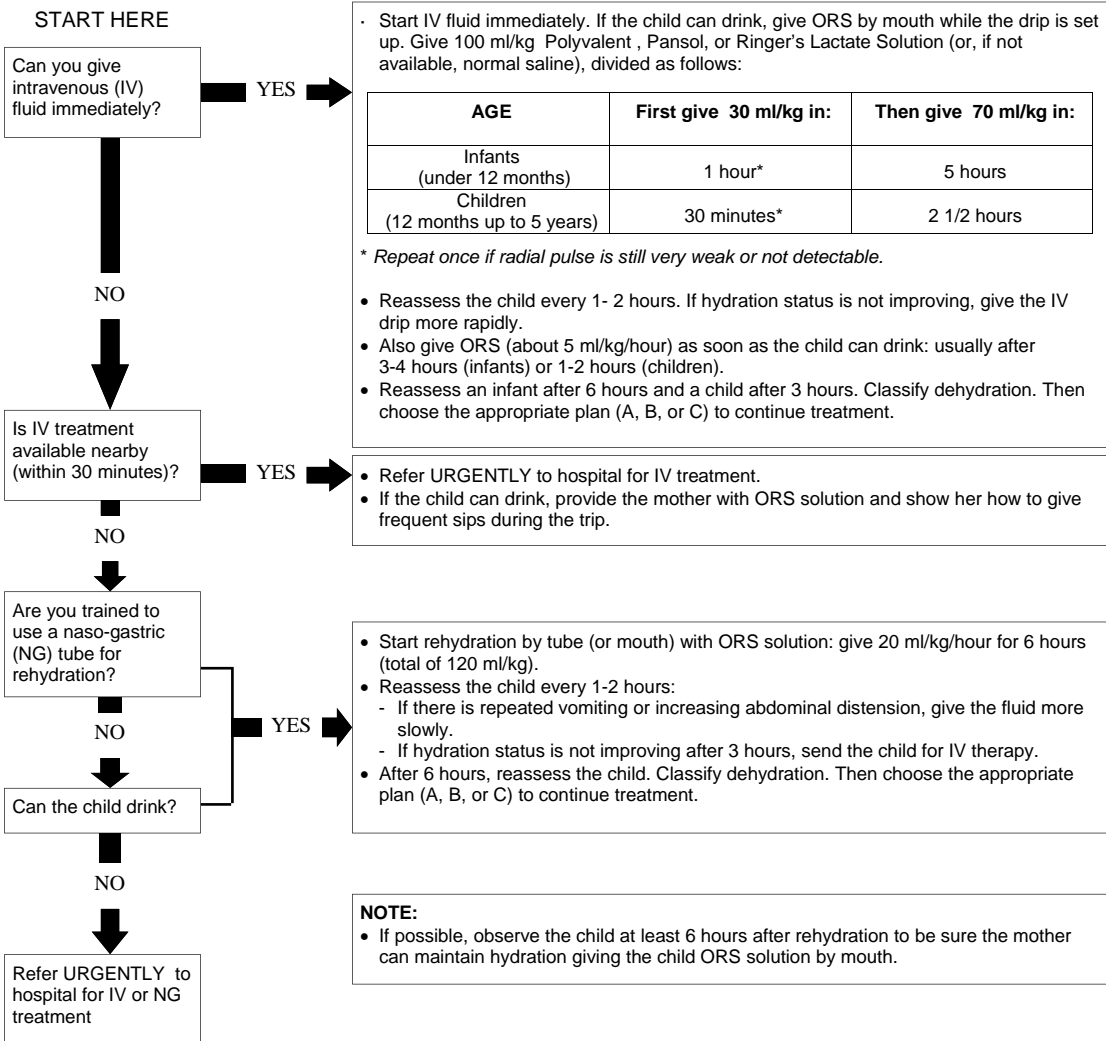
See Plan A for recommended fluids  
and  
See **COUNSEL THE MOTHER** chart

# GIVE EXTRA FLUID FOR DIARRHOEA AND CONTINUE FEEDING

(See **FOOD** advice on **COUNSEL THE MOTHER** chart)

## Plan C: Treat Severe Dehydration Quickly

FOLLOW THE ARROWS. IF ANSWER IS "YES", GO ACROSS. IF "NO", GO DOWN.



**IMMUNIZE EVERY SICK CHILD, AS NEEDED**

## GIVE FOLLOW-UP CARE

- Care for the child who returns for follow-up using all the boxes that match the child's previous classifications.
- If the child has any new problem, assess the child as an initial visit following the **ASSESS AND CLASSIFY** chart.

### ☐ PNEUMONIA

After 2 days:

Check the child for general danger signs.  
Assess the child for cough or difficult breathing. } See **ASSESS & CLASSIFY** chart.

Ask:

- Is the child breathing slower?
- Is there less fever?
- Is the child eating better?
- Is the child still wheezing?

Treatment:

- **If child has a general danger sign or stridor or chest indrawing or has fast breathing and wheeze**, give a dose of pre-referral intramuscular antibiotic. If wheezing also give dose of rapid acting bronchodilator. Then refer **URGENTLY** to hospital.
- **If child is not wheezing but breathing rate, fever and eating are the same**. Change to the second line antibiotic and advise the mother to return in 2 days or refer. (If this child had measles in the last three months, refer).
- **If breathing slower, less fever, or eating better**, complete the 5 days of antibiotic. If child is wheezing, also treat as below.
- **If child is wheezing but has no general danger signs, fast breathing or chest indrawing:**
  - If this is the first episode of wheezing or if the child has had previous episodes but has not been referred, continue salbutamol and refer for assessment.
  - If the child has had at least one episode of wheezing before this and has already been referred for assessment, advise mother to continue with treatment prescribed by the referral hospital. Advise the mother to return if the child's breathing becomes more difficult. If this child returns because condition has worsened, refer for further treatment.

### ☐ NO PNEUMONIA- WHEEZE

After 2 days

Check the child for general danger signs.  
Assess the child for cough or difficult breathing. } See **ASSESS & CLASSIFY** chart.

Treatment:

- **If any danger sign or stridor or chest indrawing**- Treat as SEVERE PNEUMONIA OR VERY SEVERE DISEASE, give one dose of pre-referral intramuscular antibiotic. Give one dose of rapid acting bronchodilator and refer **URGENTLY** to hospital.
- **If fast breathing**-treat as PNEUMONIA, also give oral salbutamol.
- **If child is wheezing but has no general danger signs, fast breathing or chest indrawing:**
  - If this is the first episode of wheezing or if the child has previous episodes but has not been referred. continue salbutamol and refer for assessment.
  - If the child has already been referred for a previous episode of wheezing advise the mother to continue with treatment prescribed by the referral hospital. Advise the mother to return if the child's breathing becomes more difficult. If this child returns because condition has worsened, refer **URGENTLY** to hospital for further treatment.
- **If no wheezing**- complete 5 days of oral salbutamol.

### ☐ DYSENTERY

After 2 days:

Assess the child for diarrhoea. >>> See **ASSESS & CLASSIFY** chart.

Ask:

- Are there fewer stools?                      - Is there less blood in the stool?
- Is there less fever?                              - Is there less abdominal pain?
- Is the child eating better?

Treatment:

- If the child is **dehydrated**, treat dehydration.
- **If number of stools, amount of blood in stools, fever, abdominal pain, or eating is the same or worse:**

Change to second-line oral antibiotic recommended for Shigella.  
Give it for 5 days. Advise the mother to return in 2 days.

**Exceptions - if the child:** - is less than 12 months old, or  
- was dehydrated on the first visit, or  
- had measles within the last 3 months } Refer to hospital.

- **If fewer stools, less blood in the stools, less fever, less abdominal pain, and eating better**, continue giving the same antibiotic until finished.
- **Continue Zinc Syrup for 14 days.**

# GIVE FOLLOW-UP CARE

- Care for the child who returns for follow-up using all the boxes that match the child's previous classifications.
- If the child has any new problem, assess the child as an initial visit following the **ASSESS AND CLASSIFY** chart.

## ☐ PERSISTENT DIARRHOEA

After 5 days:

Ask:

- Has the diarrhoea stopped?
- How many loose stools is the child having per day?

Treatment:

- If **the diarrhoea has not stopped (child is still having loose stools)**, do a full reassessment of the child. Give any treatment needed. Then refer to hospital.
  - If **the diarrhoea has stopped (child having less loose stools)**, tell the mother to follow the usual feeding recommendations for the child's age.
- ☐ Tell the mother to continue giving the child the multivitamin mineral supplement INCLUDING ZINC.

## ☐ FEVER-POSSIBLE BACTERIAL INFECTION AND FEVER-BACTERIAL INFECTION UNLIKELY

If fever persists after 2 days:

Do a full reassessment of the child. >>> See **ASSESS & CLASSIFY** chart.  
Assess for other causes of fever.

Treatment:

- If the child has any **general danger sign or stiff neck**, treat as VERY SEVERE FEBRILE DISEASE.
- If the child has any **apparent bacterial cause of fever** provide treatment.
- If the child has no **apparent bacterial cause of fever**:
  - Advise the mother to return again in 2 days if the fever persists.
  - If fever has been present every day for more than 5 days, refer for assessment.

## ☐ ACUTE EAR INFECTION

After 5 days:

Reassess for ear problem. >>> See **ASSESS & CLASSIFY** chart.  
Measure the child's temperature.

Treatment:

- If there is **tender swelling behind the ear or ear pain or high fever (38°C or above)**, refer URGENTLY to hospital.
- **Acute ear infection**: if **ear discharge** persists, treat for 5 more days with the same antibiotic. Continue wicking to dry the ear. Follow-up once again in 5 days. If ear pain or discharge persists refer.
- If **no ear pain or discharge**, praise the mother for her careful treatment. Ask the mother to continue the same antibiotic for other 5 days.
- If **discharge**, for 14 days or more, refer.

## ☐ MEASLES WITH EYE OR MOUTH COMPLICATIONS

After 2 days:

Look for red eyes and pus draining from the eyes.  
Look at mouth ulcers.  
Smell the mouth.

Treatment for Eye Infection:

- ☐ If **pus is draining from the eye**, ask the mother to describe how she has treated the eye infection. If treatment has been correct, refer to hospital. If treatment has not been correct, teach mother correct treatment.
- ☐ If **the pus is gone but redness remains**, continue the treatment.
- ☐ If **no pus or redness**, stop the treatment.

Treatment for Mouth Ulcers:

- ☐ If **mouth ulcers are worse, or there is a very foul smell from the mouth**, refer to hospital.
- ☐ If **mouth ulcers are the same or better**, continue using half-strength gentian violet for a total of 5 days.

# GIVE FOLLOW-UP CARE

- Care for the child who returns for follow-up using all the boxes that match the child's previous classifications.
- If the child has any new problem, assess the child as an initial visit following the **ASSESS AND CLASSIFY** chart.

## ☐ MEASLES

If not improving after 2 days:

Do a full reassessment of the child >>> see ASSESS & CLASSIFY chart.

Treatment:

- If **general danger sign or clouding of the cornea or deep extensive mouth ulcers or pneumonia**, treat as SEVERE COMPLICATED MEASLES.
- If **pus draining from the eye or mouth ulcers**, treat as MEASLES WITH EYE OR MOUTH COMPLICATIONS.
- If **none of the above signs**, advise the mother when to return immediately.
- Follow up in two days if not improving.
- \* *If the child received already the dose of vitamin A in the previous visit, do not repeat.*

## ☐ FEEDING PROBLEM

After 5 days:

Reassess feeding. >>> See questions at the top of the **COUNSEL** chart.

Ask about any feeding problems found on the initial visit.

- Counsel the mother about any new or continuing feeding problems. If you counsel the mother to make significant changes in feeding, ask her to bring the child back again.
- If the child is low weight for age, ask the mother to return 30 days after the initial visit to measure the child's weight gain.

## ☐ ANAEMIA

After 14 days:

Reassess for anaemia every 14 days for 2 months

- If severe pallor refer **URGENTLY** to hospital.
- If pallor still present or improving, continue giving iron daily for 2 months.
- If the child has pallor after 2 months, refer for assessment.

## ☐ LOW WEIGHT

After 30 days:

Weigh the child and determine if the child is still low weight for age.

Reassess feeding. >>> See questions at the top of the **COUNSEL** chart.

Treatment:

- If the child is **no longer low weight for age**, praise the mother and encourage her to continue.
- If the child is still **low weight for age**, counsel the mother about any feeding problem found. Ask the mother to return again in one month. Continue to see the child monthly until the child is feeding well and gaining weight regularly or is no longer low weight for age.

### **Exception:**

If you do not think that feeding will improve, or if the child has **lost weight**, refer the child.

**IF ANY MORE FOLLOW-UP VISITS ARE NEEDED  
BASED ON THE INITIAL VISIT OR THIS VISIT,  
ADVISE THE MOTHER OF THE  
NEXT FOLLOW-UP VISIT.**

•  
**ALSO, ADVISE THE MOTHER  
WHEN TO RETURN IMMEDIATELY.  
(SEE COUNSEL CHART.)**



# COUNSEL THE MOTHER

## FOOD

### **Assess the Child's Feeding**

Ask questions about the child's usual feeding and feeding during this illness. Compare the mother's answers to the **Feeding Recommendations** for the child's age in the box below.

#### **ASK -**

- Do you breastfeed your child?
  - How many times during the day?
  - Do you also breastfeed during the night?
  
- Does the child take any other food or fluids?
  - What food or fluids?
  - How many times per day?
  - What do you use to feed the child?
  - How large are servings? Does the child receive his own serving? Who feeds the child and how?
  
- During this illness, has the child's feeding changed? If yes, how?

MEASLES  
FEEDING PROBLEM  
PALLOR, LOW WEIGHT

ASSESS FEEDING

## □ Feeding Recommendations During Sickness and Health

### Up to 6 Months of Age



- Breastfeed as often as the child wants, day and night, at least 8 times in 24 hours.
- Do not give other foods or fluids.
- Do not use bottles or teats.



### 6 Months up to 12 Months



- Breastfeed as often as the child wants.
- Give adequate servings of:-
  - Bread, adse or eggs or pealed fool medamis and drops of oil, strained tomatoes or orange juice.
  - Rice or boiled potatoes, squash or carrots (add drops of lemon juice) and fish or meat or chicken (meat or liver).
  - Yoghurt with mashed biscuits and banana or rice pudding with milk and mashed banana (up to 9 months food should be chopped then mashed ).
  - 3 times per day if breastfed;
  - 5 times per day if not breastfed.



### 12 Months up to 2 Years



- Breastfeed as often as the child wants.
- Give adequate servings of:
  - Bread and cheese (kareesh with drops of oil or white low salt or processed) and pealed tomatoes.
  - Rice and meat or chicken with boiled spinach or molokheya and fruits.
  - Koshari and pealed tomatoes.
  - Belila with milk and fruits or family foods 5 times per day.



### 2 Years and Older



- Give family foods at 3 meals each day. Also, twice daily, give nutritious food between meals, such as:
  - Sweet potatoes or fried potatoes.
  - Bread with eggs or cheese or halawa tehinia or molasse with tehina and tomatoes or carrots.
  - Fresh fruits of the season.
  - Biscuits, cakes, or dates.



- A good daily diet should be adequate in quantity and include an energy-rich food (for example, thick cereal with added oil); meat, fish, eggs, or pulses; and fruits and vegetables.  
 - Meals of the same nutritive value will vary in components according to foods available in the community and according to purchasing capacity of the family as well as in different seasons.

### Feeding Recommendations For a Child Who Has PERSISTENT DIARRHOEA

- If still breastfeeding, give more frequent breastfeeds, day and night.
- If taking other milk:
  - replace with increased breastfeeding OR
  - replace with fermented milk products, such as yoghurt OR
  - replace half the milk with nutrient-rich semisolid food as rice, beans and vegetable soup.
  - give milk not more than 50 ml/kg per day.
  - give frequent small meals at least 6 times a day.
- For other foods, follow feeding recommendations for the child's age.

## □ **Counsel the Mother About Feeding Problems**

If the child is not being fed as described in the above recommendations, counsel the mother accordingly. In addition:



□ If the mother reports difficulty with breastfeeding, assess breastfeeding. (See *YOUNG INFANT* chart.)  
As needed, show the mother correct positioning and attachment for breastfeeding.

□ If the child is less than 6 months old and is taking other milk or foods: or

□ If the mother thinks she does not have enough milk

- Assess breastfeeding:
- Build mother's confidence that she can produce all the breastmilk that the child needs (proper weight gain).
- Suggest giving more frequent, longer breastfeeds day and night, and gradually reducing other milk or foods.

If other milk needs to be continued, counsel the mother to:

- Breastfeed as much as possible, including at night.
- Make sure that other milk is a locally appropriate breastmilk substitute.
- Make sure other milk is correctly and hygienically prepared and given in adequate amounts.
- Finish prepared milk within an hour.



□ If the mother is using a bottle to feed the child:

- Recommend substituting a cup for bottle.
- Show the mother how to feed the child with a cup.

□ If the child is not being fed actively, counsel the mother to:

- Sit with the child and encourage eating.
- Give the child an adequate serving in a separate plate or bowl.

□ If the child is not feeding well during illness, counsel the mother to:

- Breastfeed more frequently and for longer if possible.
- Use soft, varied, appetizing, favourite foods to encourage the child to eat as much as possible, and offer frequent small feedings.
- Clear a blocked nose if it interferes with feeding.
- Expect that appetite will improve as child gets better.
- Express breast milk if necessary.



□ Follow-up any feeding problem in 5 days.

□ Advise the mother to expose her child to sunlight for prevention of rickets.

## FLUID

### ☐ Advise the Mother to Increase Fluid During Illness

#### FOR ANY SICK CHILD:

- ☐ Breastfeed more frequently and for longer at each feed.
- ☐ Increase fluid. For example, give soup, rice water, yoghurt drinks, belila water, home fluids or clean water.

#### FOR CHILD WITH DIARRHOEA:

- ☐ Giving extra fluid can be life saving. Give fluid according to Plan A or Plan B on *TREAT THE CHILD* chart.

## WHEN TO RETURN

### ☐ Advise the Mother When to Return to Health Worker

#### FOLLOW-UP VISIT

Advise the mother to come for follow-up at the earliest time listed for the child's problems.

If the child has:	Return for follow-up in:
PNEUMONIA NO PNEUMONIA - WHEEZE DYSENTERY FEVER, if fever persists MEASLES WITH EYE OR MOUTH COMPLICATIONS MEASLES, if not improving	2 days
PERSISTENT DIARRHOEA ACUTE EAR INFECTION FEEDING PROBLEM ANY OTHER ILLNESS, if not improving	5 days
PALLOR	14 days
LOW WEIGHT FOR AGE	30 days

#### NEXT WELL- CHILD VISIT

Advise mother when to return for next immunization according to immunization schedule. Advise the mother to give the child (from 6 to 30 months) the weekly dose of iron after recovery.



#### WHEN TO RETURN IMMEDIATELY

##### Advise mother to return immediately if the child has any of these signs:

Any sick child	<ul style="list-style-type: none"> <li>• Not able to drink or breastfeed</li> <li>• Becomes sicker</li> <li>• Develops a fever</li> </ul>
If child has NO PNEUMONIA: COUGH OR COLD, also return if:	<ul style="list-style-type: none"> <li>• Fast breathing</li> <li>• Difficult breathing</li> </ul>
If child has Diarrhoea, also return if:	<ul style="list-style-type: none"> <li>• Blood in stool</li> <li>• Drinking poorly</li> </ul>

## □ ***Counsel the Mother About Her Own Health***

- If the mother is sick, provide care for her, or refer her for help.
- If she has a breast problem (such as engorgement, sore nipples, breast infection), provide care for her or refer her for help.
- Advise her to eat well to keep up her own strength and health.
- Check the mother's immunization status and give her tetanus toxoid if needed.
- Check the mother's supplementation with iron and vitamin A according to the national policy.
- Make sure she has access to:
  - Family planning
  - Counselling on reproductive health problems.
- Advise mother to use iodized salt for the family foods instead of the ordinary salt.



# ASSESS, CLASSIFY AND TREAT THE SICK YOUNG INFANT AGE UP TO 2 MONTHS



## ASSESS

ASK THE MOTHER WHAT THE YOUNG INFANT'S PROBLEMS ARE

- Determine if this is an initial or follow-up visit for this problem.
  - if follow-up visit, use the follow-up instructions on the bottom of this chart.
  - if initial visit, assess the young infant as follows:

## CLASSIFY

## IDENTIFY TREATMENT

### CHECK FOR POSSIBLE BACTERIAL INFECTION

#### ASK:

- Is the young infant not able to feed ?
- Has the infant had convulsions ?

#### LOOK, LISTEN, FEEL:

- See if the infant is convulsing now.
- Count the breaths in one minute. Repeat the count if elevated.
- Look for severe chest indrawing.
- Look for nasal flaring.
- Look and listen for grunting.
- Look and listen for wheeze.
- Look and feel for bulging fontanelle.
- Look for pus draining from the ear.
- Look at the eyes. Is it draining pus? Is draining pus associated with redness and swelling?
- Look at the umbilicus. Is it red or draining pus? Does the redness extend to the skin?
- Measure temperature (or feel for fever or low body temperature).
- Look for skin pustules. Are there many or severe pustules?
- See if the young infant is lethargic or unconscious.
- Look at the young infant's movements. Are they less than normal ?

YOUNG INFANT MUST BE CALM

Classify  
ALL  
YOUNG  
INFANTS

#### SIGNS

- Not able to feed OR
- Convulsions OR
- Fast breathing (60 breaths per minute or more) OR
- Severe chest indrawing OR
- Nasal flaring OR
- Grunting OR
- Wheeze OR
- Bulging fontanelle OR
- Pus draining from ear OR
- Pus draining from the eyes with redness and swelling OR
- Umbilical redness extending to skin OR
- Fever (37.5°C\* or above or feels hot) or low body temperature (less than 35.5°C\* or feels cold) OR
- Many or severe skin pustules OR
- Lethargic or unconscious OR
- Less than normal movements

- Red umbilicus or draining pus OR
- Skin pustules OR
- Pus draining from the eyes.

- None of the above signs

#### CLASSIFY AS

POSSIBLE SERIOUS BACTERIAL INFECTION

LOCAL BACTERIAL INFECTION

BACTERIAL INFECTION UNLIKELY

SIGNIFICANT JAUNDICE

#### TREATMENT

(Urgent pre-referral treatments are in bold print)

- Treat current convulsion with rectal sodium valproate.**
- Give first dose of intramuscular antibiotics.**
- Treat to prevent low blood sugar.**
- Advise mother how to keep the infant warm on the way to the hospital.**
- Refer URGENTLY to hospital.\*\***

- Give an appropriate oral antibiotic .**
- Teach mother to treat local infections at home.
- Advise mother to give home care for the young infant.
- Follow - UP in 2 days

- Advise mother to give home care for the young infant.
- Follow-up in 2 days.

- **Encourage breastfeeding to prevent low blood sugar**
- **Advise mother how to keep the infant warm on the way to the hospital**
- **Refer URGENTLY to hospital**

### CHECK FOR SIGNIFICANT JAUNDICE

#### ASK

- Has Jaundice started in the first 24 hours of life?
- Is the infant's age 2 weeks or more ?

#### LOOK

- Look for Jaundice : Is it deep jaundice seen in the sclera? Is it extending to palms and/or soles?

Classify  
JAUNDICE

- Jaundice started in the first 24 hours of life and still present OR
- Deep Jaundice seen in the sclera OR
- Jaundice extending to palms and/or soles OR

## THEN ASK:

### Does the young infant have diarrhoea?

**IF YES, ASK: LOOK AND FEEL:**

- For how long?
- Is there blood in the stool?
- Look at the young infant's general condition. Is the infant:
  - Lethargic or unconscious?
  - Restless and irritable?
- Look for sunken eyes.
- Pinch the skin of the abdomen. Does it go back:
  - Very slowly (longer than 2 seconds)?
  - Slowly?

### Classify DIARRHOEA

for DEHYDRATION

and if diarrhoea 14 days or more

and if blood in stool

Two of the following signs: <ul style="list-style-type: none"> <li>• Lethargic or unconscious</li> <li>• Sunken eyes</li> <li>• Skin pinch goes back very slowly.</li> </ul>	<b>SEVERE DEHYDRATION</b>	☐ If infant does not have POSSIBLE SERIOUS BACTERIAL INFECTION : <ul style="list-style-type: none"> <li>- Give fluid for severe dehydration (Plan C).</li> </ul> OR <ul style="list-style-type: none"> <li>☐ <b>If infant also has POSSIBLE SERIOUS BACTERIAL INFECTION:</b> <ul style="list-style-type: none"> <li>- Refer <b>URGENTLY</b> to hospital with mother giving frequent sips of ORS on the way. Advise mother to continue</li> </ul> </li> </ul>
Two of the following signs: <ul style="list-style-type: none"> <li>• Restless, irritable</li> <li>• Sunken eyes</li> <li>• Skin pinch goes back slowly.</li> </ul>	<b>SOME DEHYDRATION</b>	☐ Give fluid and food for some dehydration (Plan B). <ul style="list-style-type: none"> <li>☐ <b>If infant also has POSSIBLE SERIOUS BACTERIAL INFECTION:</b> <ul style="list-style-type: none"> <li>- Refer <b>URGENTLY</b> to hospital with mother giving frequent sips of ORS on the way. Advise mother to continue breastfeeding.</li> </ul> </li> </ul> ☐ Follow up in 2 days
• Not enough signs to classify as some or severe dehydration.	<b>NO DEHYDRATION</b>	☐ Give fluids to treat diarrhoea at home (Plan A). <ul style="list-style-type: none"> <li>➢ Follow up in 2 days</li> </ul>
• Diarrhoea lasting 14 days or more.	<b>SEVERE PERSISTENT DIARRHOEA</b>	☐ If the young infant is dehydrated, treat dehydration before referral unless the infant has also POSSIBLE SERIOUS BACTERIAL INFECTION. <ul style="list-style-type: none"> <li>☐ Refer to hospital.</li> </ul>
• Blood in the stool.	<b>BLOOD IN STOOL</b>	☐ <b>Treat to prevent low blood sugar.</b> <ul style="list-style-type: none"> <li>☐ Advise mother how to keep the infant warm on the way to the hospital.</li> <li>☐ Refer <b>URGENTLY</b> to hospital.</li> </ul>

\* These thresholds are based on axillary temperature. The thresholds for rectal temperature readings are approximately 0.5°C higher.

\*\* If referral is not possible, see *Integrated Management of Childhood Illness, Treat the Child, Annex: "Where Referral Is Not Possible."*

## THEN CHECK FOR FEEDING PROBLEM OR LOW WEIGHT:

**ASK:**

- Is there any difficulty feeding?
- Is the infant breastfed? If yes, how many times in 24 hours?  
Is the infant breastfed during night?
- Does the infant usually receive any other foods or drinks? If yes, how often?
- What do you use to feed the infant?

**LOOK, LISTEN, FEEL:**

- Determine weight for age.
- In newborn: determine birth weight
- Look for ulcers or white patches in the mouth (thrush).

**IF AN INFANT: Has any difficulty feeding, or Is breastfeeding less than 8 times in 24 hours, or Is taking any other foods or drinks, or Is low weight for age, or low birth weight ( less than 2500 grams ) or Is in the first week of life**

**AND Has no indications to refer urgently to hospital:**

**ASSESS BREASTFEEDING:**

- Has the infant breastfed in the previous hour?  
If the infant has not fed in the previous hour, ask the mother to put her infant to the breast. Observe the breastfeed for 4 minutes. (If the infant was fed during the last hour, ask the mother if she can wait and tell you when the infant is willing to feed again.)
  - Is the infant position correct?
 

**TO CHECK POSITIONING , LOOK FOR:**

    - Infant's neck is straight or bent slightly back,
    - Infant's body is turned towards the mother,
    - Infants's body is close to mother's body, and
    - Infants's whole body supported.

(If all of these signs are present, the infant's positioning is good)

*poor positioning*                      *good positioning*
  - Is the infant able to attach?
 

**TO CHECK ATTACHMENT, LOOK FOR:**

    - Chin touching breast
    - Mouth wide open
    - Lower lip turned outward and,
    - More areola visible above than below the mouth

(If all of these signs are present, the attachment is good.)

*no attachment at all*      *not well attached*      *good attachment*
  - Is the infant suckling effectively (that is, slow deep sucks, sometimes pausing)?
 

*not suckling at all*      *not suckling effectively*      *suckling effectively*

Clear a blocked nose if it interferes with breastfeeding.

**Classify FEEDIN**

<ul style="list-style-type: none"> <li>• Not able to feed or</li> <li>• No attachment at all or</li> <li>• Not suckling at all.</li> </ul>	<p><b>NOT ABLE TO FEED - POSSIBLE SERIOUS BACTERIAL INFECTION</b></p>	<ul style="list-style-type: none"> <li>☐ Give first dose of intramuscular antibiotics.</li> <li>☐ Treat to prevent low blood sugar.</li> <li>☐ Advise the mother how to keep the young infant warm on the way to the hospital.</li> <li>☐ Refer <b>URGENTLY</b> to hospital.</li> </ul>
<ul style="list-style-type: none"> <li>• Poor positioning or</li> <li>• Not well attached to breast or</li> <li>• Not suckling effectively or</li> <li>• Less than 8 breastfeeds in 24 hours or</li> <li>• Receives other foods or drinks or</li> <li>• Low weight for age or low birth weight or</li> <li>• Thrush (ulcers or white patches in mouth)</li> </ul>	<p><b>FEEDING PROBLEM OR LOW WEIGHT</b></p>	<ul style="list-style-type: none"> <li>☐ Advise the mother to breastfeed as often and for as long as the infant wants, day and night.</li> <li>• If not well attached or not suckling effectively, teach correct positioning and attachment.                             <ul style="list-style-type: none"> <li>- If low birth weight and problems with attachment and suckling persists after counselling: refer to hospital.</li> </ul> </li> <li>• If breastfeeding less than 8 times in 24 hours, advise to increase frequency of feeding.</li> <li>☐ If receiving other foods or drinks, counsel mother about breastfeeding more, reducing other foods or drinks, and using a cup.</li> <li>• If not breastfeeding at all:                             <ul style="list-style-type: none"> <li>- Refer for breastfeeding counselling and possible relactation.</li> <li>- Advise about correctly preparing breastmilk substitutes and using a cup.</li> </ul> </li> <li>☐ If thrush, teach the mother to treat thrush at home.</li> <li>☐ Advise mother to give home care for the young infant.</li> <li>☐ Follow-up any feeding problem or thrush in 2 days.</li> <li>☐ Follow-up low weight for age in 14 days.</li> </ul>
<ul style="list-style-type: none"> <li>• Not low weight for age and no other signs of inadequate feeding.</li> </ul>	<p><b>NO FEEDING PROBLEM</b></p>	<ul style="list-style-type: none"> <li>☐ Advise mother to give home care for the young infant.</li> <li>☐ Praise the mother for feeding the infant well.</li> </ul>



## THEN CHECK THE YOUNG INFANT'S IMMUNIZATION STATUS:

### IMMUNIZATION SCHEDULE:

#### AGE

At Birth

#### VACCINE

- OPV Zero Dose
- BCG

## ASSESS OTHER PROBLEMS

FEEDING PROBLEM

## TREAT THE YOUNG INFANT AND COUNSEL THE MOTHER

### □ Give an Appropriate Oral Antibiotic

#### For local bacterial infection:

First-line antibiotic : AMOXYCILLIN  
Second-line antibiotic: COTRIMOXAZOLE

AGE or WEIGHT	AMOXYCILLIN □ Give three times daily for 5 days		COTRIMOXAZOLE (trimethoprim + sulphamethoxazole) □ Give two times daily for 5 days
	Syrup 125 mg in 5 ml	Syrup 250 mg in 5 ml	Syrup (40 mg trimethoprim +200 mg sulphamethoxazole) in 5ml
Birth up to 1 month (< 3 kg)	1.25 ml		1.25 ml*
1 month up to 2 months (3-4 kg)	2.5 ml	1.25 ml	2.5 ml

\* Avoid cotrimoxazole in infants less than 1 month of age who are premature or jaundiced.

### □ Give First Dose of Intramuscular Antibiotics

□ Give first dose of both ampicillin and gentamicin intramuscular.

WEIGHT	GENTAMICIN Dose: 2.5 mg per kg		Ampicillin Dose: 50 mg per kg
	Undiluted 2 ml vial containing 20 mg = 2 ml at 10 mg/ml	OR vial containing 80 mg = 8 ml at 10 mg/ml	To a vial of 500 mg : Add 4.5 ml sterile water = 5.0 ml at 100 mg/ml
1 kg		0.25 ml	0.5 ml
2 kg		0.50 ml	1.0 ml
3 kg		0.75 ml	1.5 ml
4 kg		1.00 ml	2.0 ml
5 kg		1.25 ml	2.5 ml

□ Referral is the best option for a young infant classified with POSSIBLE SERIOUS BACTERIAL INFECTION. If referral is not possible, give Ampicillin and gentamicin for at least 5 days. Give Ampicillin every 6 hours plus gentamicin every 8 hours. For infants in the first week of life, give gentamicin every 12 hours.

## TREAT THE YOUNG INFANT AND COUNSEL THE MOTHER

**☐ To Treat Convulsing Young Infant, See TREAT THE CHILD Chart.**

**☐ To Treat Diarrhoea, See TREAT THE CHILD Chart.**

**☐ Immunize Every Sick Young Infant, as Needed.**

### **☐ Teach the Mother to Treat Local Infections at Home**

- ☐ Explain how the treatment is given.
- ☐ Watch her as she does the first treatment in the clinic.
- ☐ She should return to the clinic if the infection worsens.

#### **To Treat Skin Pustules or Umbilical Infection**

Tell her to do the treatment twice daily.

The mother should:

- ☐ Wash hands
- ☐ Gently wash off pus and crusts with soap and water
- ☐ Dry the area
- ☐ Paint with gentian violet
- ☐ Wash hands

#### **To Treat Thrush (ulcers or white patches in mouth)**

Tell her to do the treatment twice daily.

The mother should:

- ☐ Wash hands
- ☐ Wash mouth with clean soft cloth wrapped around the finger and wet with salt water
- ☐ Paint the mouth with half-strength gentian violet
- ☐ Wash hands

#### **To Treat Eye Infection:**

Tell her to do the treatment 3 times daily.

The mother should

- ☐ Wash her hands
- ☐ Use clean cloth and water to gently remove pus from the eyes
- ☐ Then apply tetracycline eye ointment in both eyes on the inside of the lower lid.
- ☐ Wash her hands
- ☐ Treat until redness is gone.

ANTIBIOTICS  
LOCAL INFECTIONS

## TREAT THE YOUNG INFANT AND COUNSEL THE MOTHER

### □ **Teach Correct Positioning and Attachment for Breastfeeding**

- Show the mother how to hold her infant
  - make sure that the mother is in comfortable position,
  - with the infant's head and body straight.
  - facing her breast with infant's nose opposite her nipple
  - with infant's body close to her body,
  - supporting infant's whole body, not just neck and shoulders.
  
- Show her how to help the infant to attach. She should:
  - touch her infant's lips with her nipple
  - wait until her infant's mouth is opening wide
  - move her infant quickly onto her breast, aiming the infant's lower lip well below the nipple.
  
- Look for signs of good attachment and effective suckling. If the attachment or suckling is not good, try again.

### □ **Teach The Mother To Express Breast Milk If Indicated**

- Infant - mother separation e.g.
  - admitted infant to NICU or sick infant
  - sick or working mother
  - mother travelling away from home
  
- Breast engorgement

### □ **Advise Mother to Give Home Care for the Young Infant**

□FOOD

FLUIDS



Breastfeed frequently, as often and for as long as the infant wants, day or night, during sickness and health.

□WHEN TO RETURN

Follow-up Visit	
If the infant has:	Return for follow-up in:
LOCAL BACTERIAL INFECTION BACTERIAL INFECTION UNLIKELY ANY FEEDING PROBLEM THRUSH	2 days
LOW WEIGHT FOR AGE	14 days

#### When to Return Immediately:

**Advise the mother to return immediately if the young infant has any of these signs:**

Breastfeeding or drinking poorly  
Becomes sicker  
Develops a fever  
Fast breathing  
Difficult breathing  
Blood in stool

□MAKE SURE THE YOUNG INFANT STAYS WARM ALL THE TIME

- In cool weather, cover the infant's head and feet and dress the infant with extra clothing.

# GIVE FOLLOW-UP CARE FOR THE SICK YOUNG INFANT

## □ LOCAL BACTERIAL INFECTION

After 2 days:

Reassess the young infant for bacterial infection >>> see “Check for Possible Bacterial Infection” above.

Look at the umbilicus. Is it red or draining pus? Does redness extend to the skin?

Look at the skin pustules. Are there many or severe pustules ?

Treatment :

□ If **signs of possible serious bacterial infection**, refer to hospital.

□ If **pus or redness remains or is worse**, refer to hospital.

□ If **pus and redness are improved**, tell the mother to continue giving the 5 days of antibiotic and continue treating the local infection at home.

Look for pus draining from the eye(s). Is it associated with redness and swelling ?

Treatment :

□ If **pus with redness and swelling** , refer to hospital.

□ If **pus is still draining from the eye(s)**, treat with local treatment for 5 days and follow up in 3 days, if pus is still draining refer to hospital.

□ If **improving**, tell her to continue local treatment until there is no pus or redness at all.

## □ BACTERIAL INFECTION UNLIKELY

After 2 days:

Reassess the young infant for bacterial infection >>> see “Check for Possible Bacterial Infection” above.

Treatment:

□ If **signs of possible serious bacterial infection**, refer to hospital.

□ If **signs of local bacterial infection**, treat accordingly.

□ If **still not improving**, continue to give home care.

□ If **improving** , praise the mother for caring the infant well.

## GIVE FOLLOW-UP CARE FOR THE SICK YOUNG INFANT

### □ FEEDING PROBLEM

After 2 days:

Reassess feeding. >>> See “Then Check for Feeding Problem or Low Weight” above.

Ask about any feeding problems found on the initial visit.

- Counsel the mother about any new or continuing feeding problems. If you counsel the mother to make significant changes in feeding, ask her to bring the young infant back again.
- If the young infant is low weight for age, ask the mother to return 14 days after the initial visit to measure the young infant's weight gain.

**Exception:**

If you do not think that feeding will improve, or if the young infant has **lost weight**, refer the child.

### □ LOW WEIGHT

After 14 days:

Weigh the young infant and determine if the infant is still low weight for age.

Reassess feeding. >>> See “Then Check for Feeding Problem or Low Weight” above.

- If the infant is **no longer low weight for age**, praise the mother and encourage her to continue.
- If the infant is **still low weight for age, but is feeding well**, praise the mother. Ask her to have her infant weighed again within a month or when she returns for immunization.
- If the infant is **still low weight for age and still has a feeding problem**, counsel the mother about the feeding problem. Ask the mother to return again in 14 days (or when she returns for immunization, if this is within 2 weeks). Continue to see the young infant every few weeks until the infant is feeding well and gaining weight regularly or is no longer low weight for age.

**Exception:**

If you do not think that feeding will improve, or if the young infant has **lost weight**, refer to hospital.

### □ THRUSH

After 2 days:

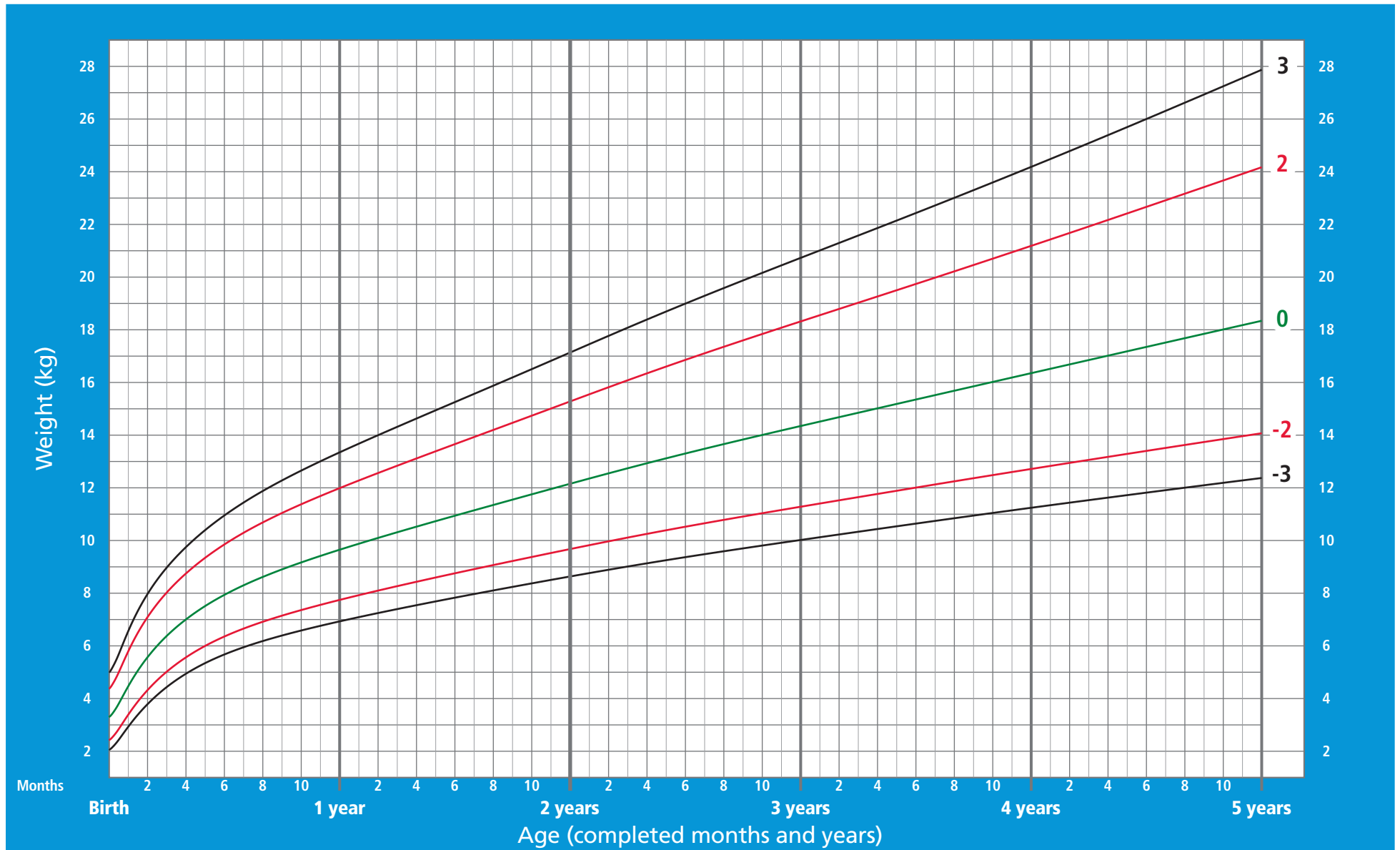
Look for ulcers or white patches in the mouth (thrush).

Reassess feeding. >>> See “Then Check for Feeding Problem or Low Weight” above.

- **If thrush is worse**, or the infant has **problems with attachment or suckling**, refer to hospital.
- **If thrush is the same or better**, and if the infant is **feeding well**, continue half-strength gentian violet for a total of 5 days.

# Weight-for-age BOYS

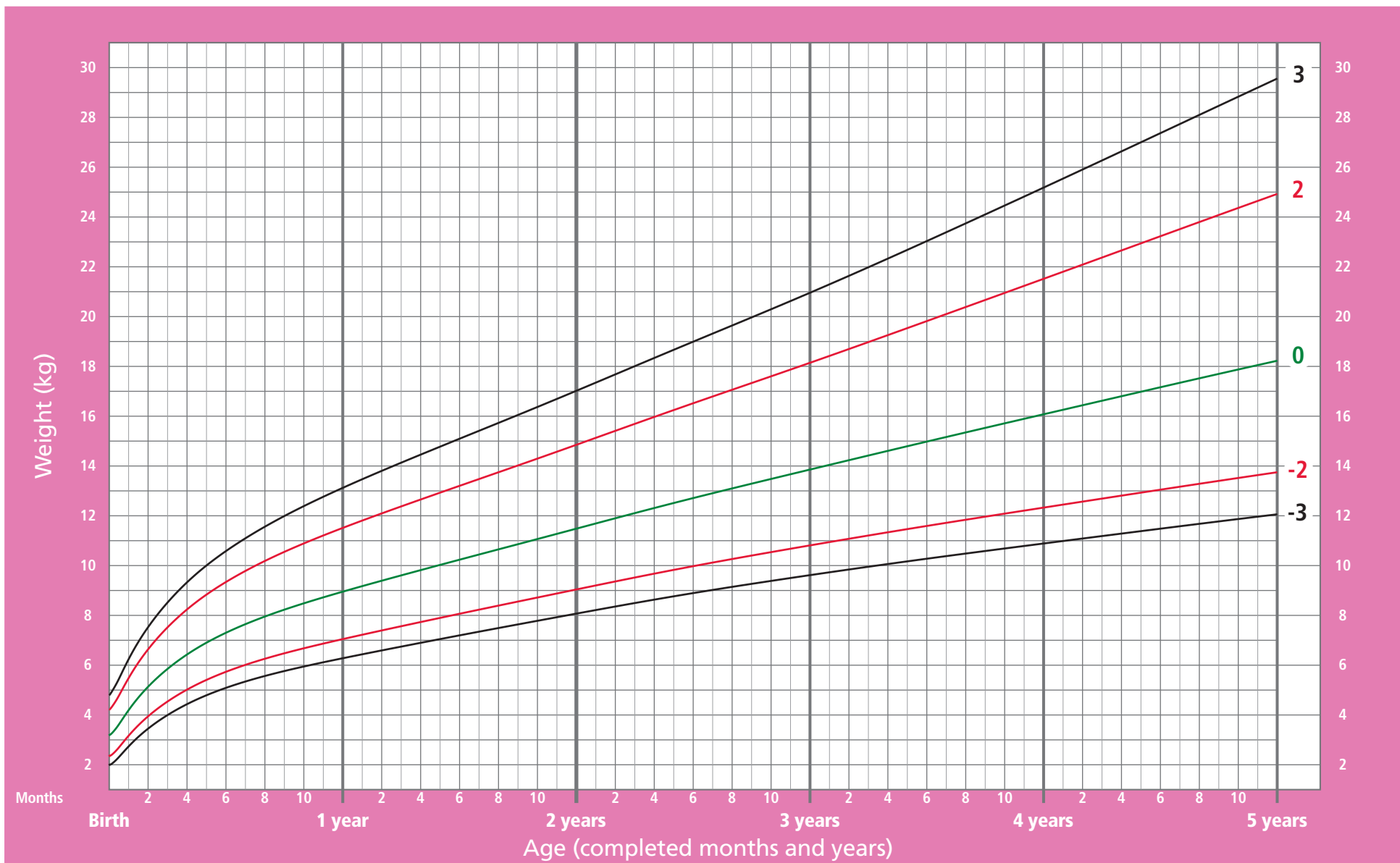
Birth to 5 years (z-scores)



# Weight-for-age GIRLS



Birth to 5 years (z-scores)

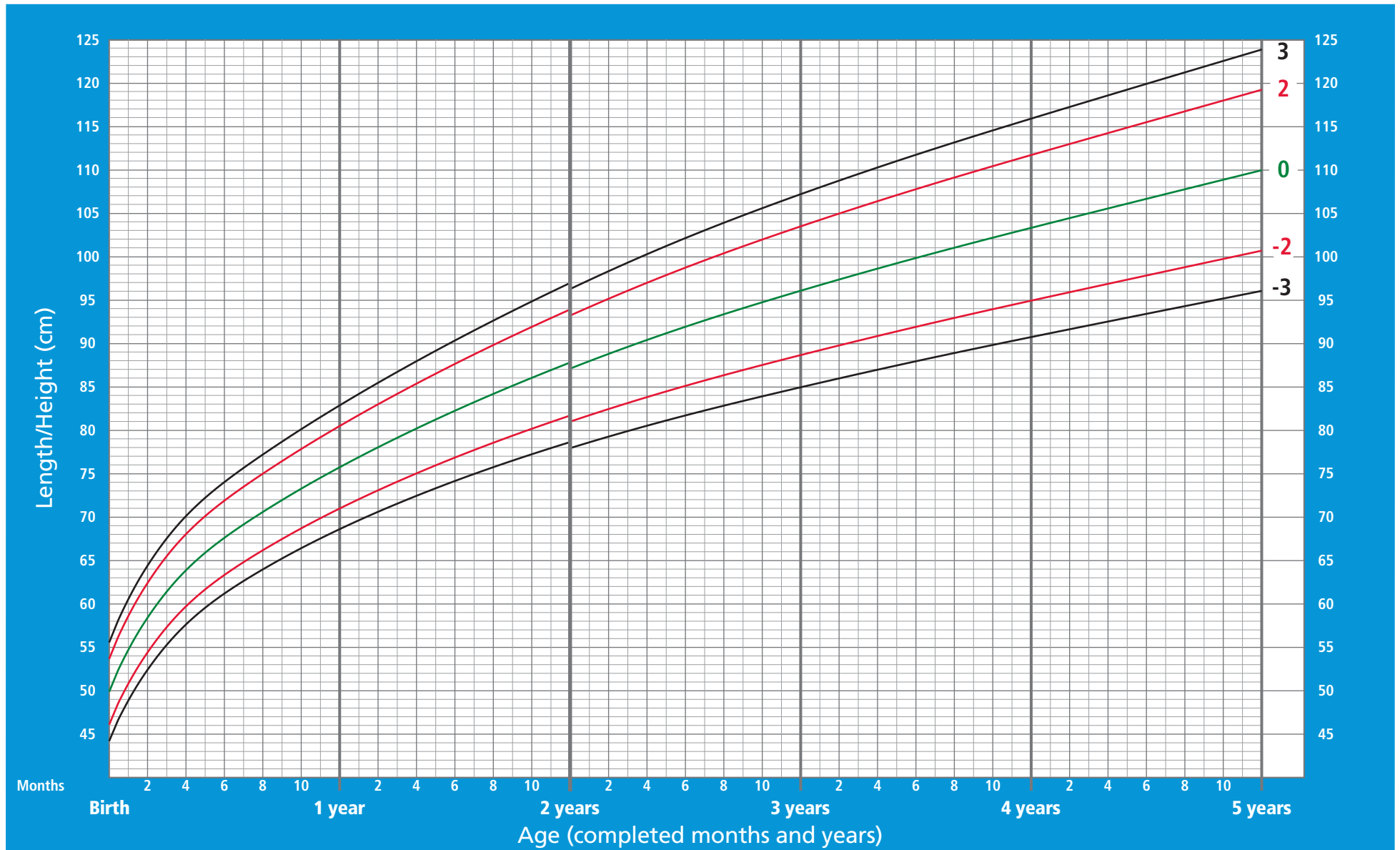




# Length/height-for-age BOYS



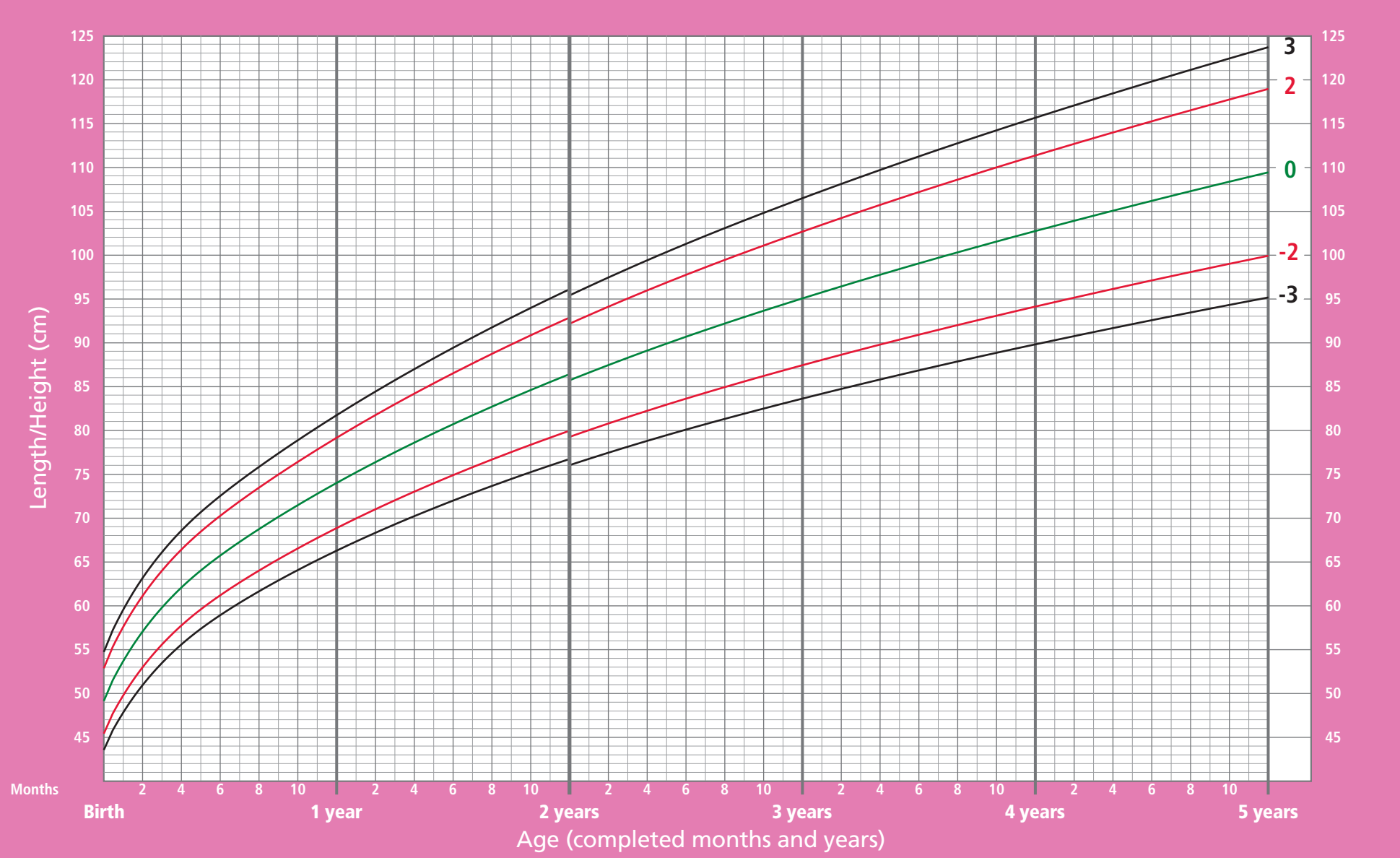
Birth to 5 years (z-scores)



# Length/height-for-age GIRLS

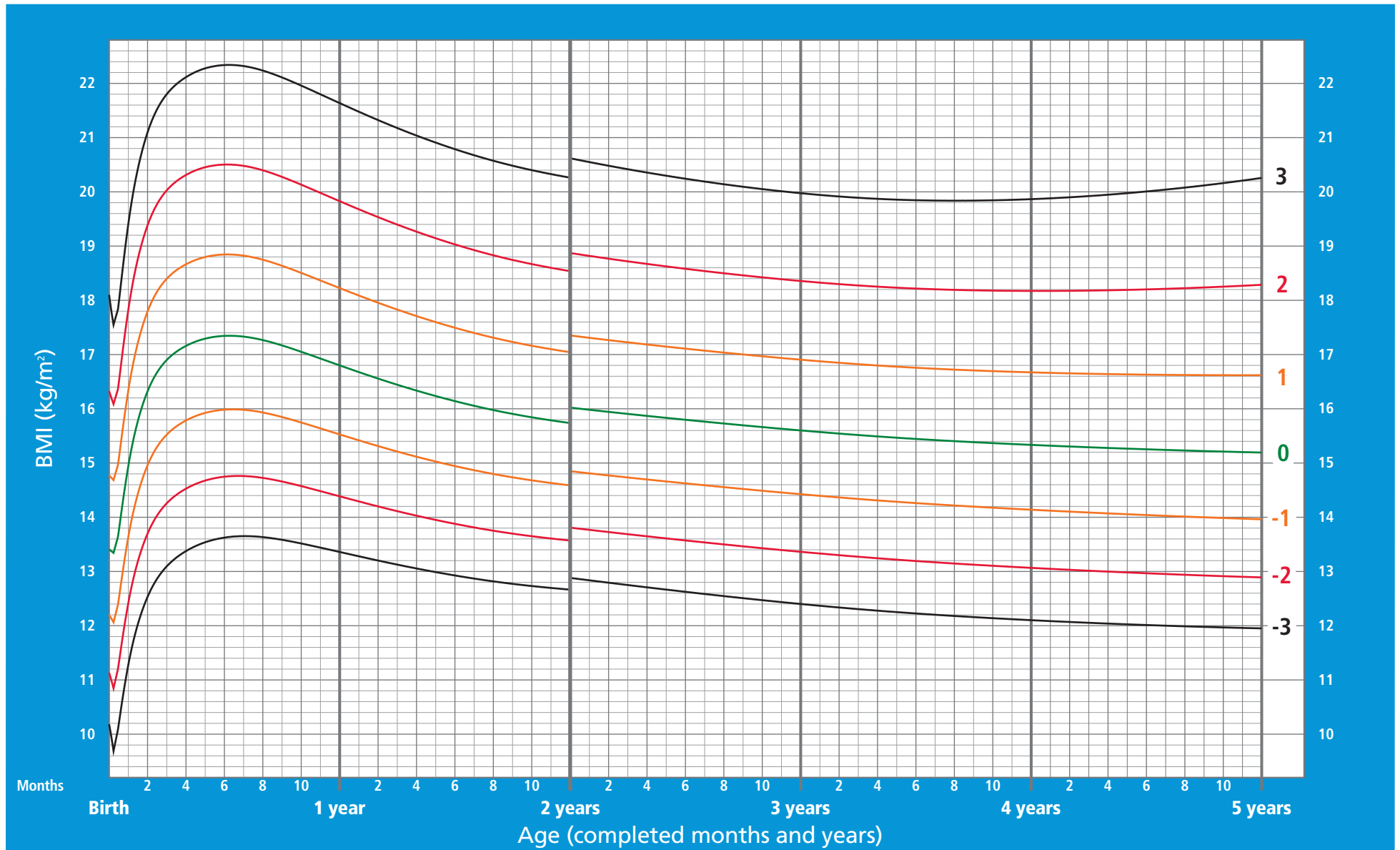


Birth to 5 years (z-scores)



# BMI-for-age BOYS

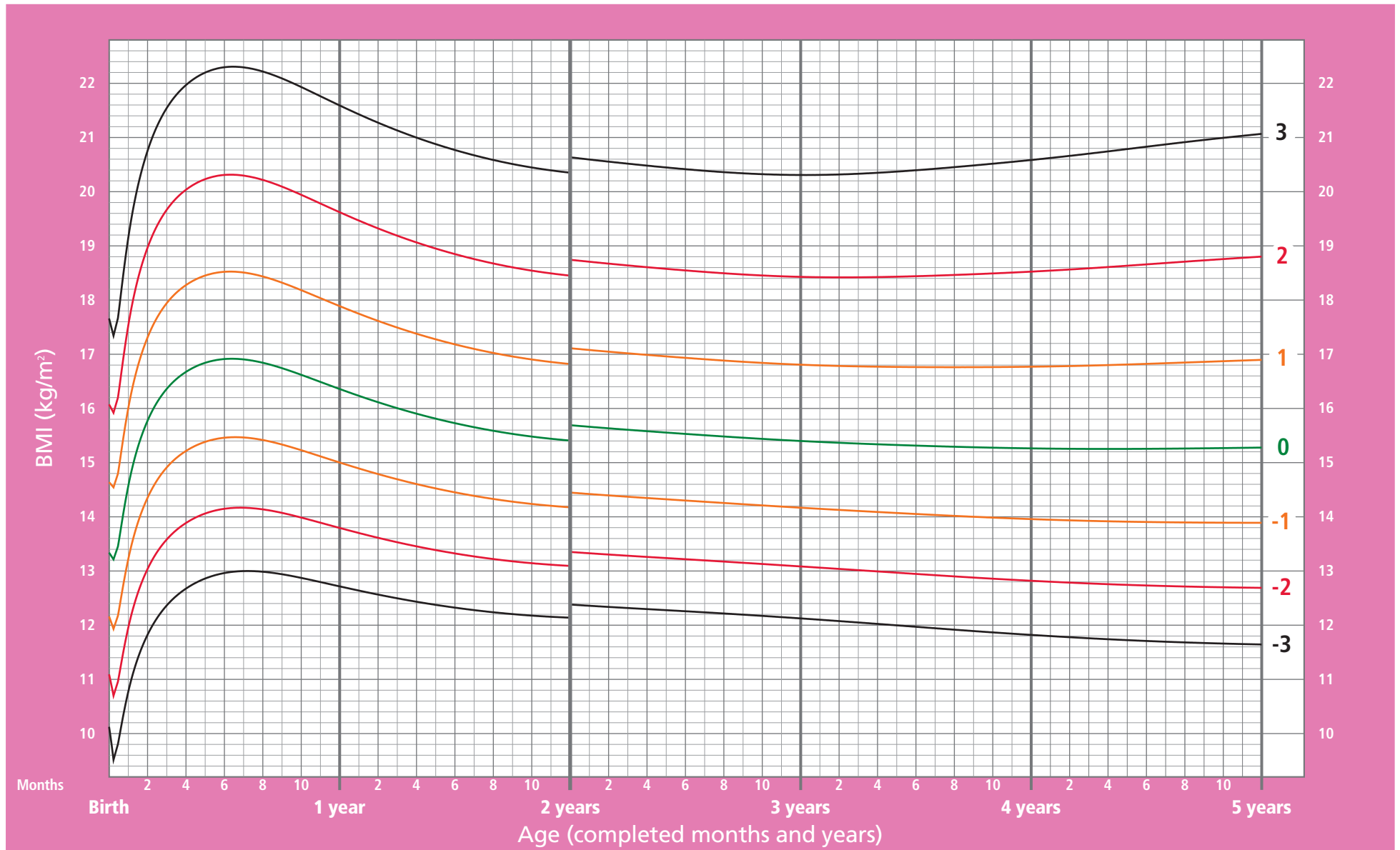
Birth to 5 years (z-scores)



# BMI-for-age GIRLS



Birth to 5 years (z-scores)



L or H (cm)	Body Mass Index (BMI)																									L or H (cm)
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26							
42	1.4	1.6	1.8	1.9	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.4	3.5	3.7	3.9	4.1	4.2	4.4	4.6	4.8	42					
43	1.5	1.7	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.1	3.3	3.5	3.7	3.9	4.1	4.3	4.4	4.6	4.8	5.0	43					
44	1.5	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.5	3.7	3.9	4.1	4.3	4.5	4.6	4.8	5.0	5.2	44					
45	1.6	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.1	4.3	4.5	4.7	4.9	5.1	5.3	5.5	45					
46	1.7	1.9	2.1	2.3	2.5	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.7	4.9	5.1	5.3	5.5	5.7	46					
47	1.8	2.0	2.2	2.4	2.7	2.9	3.1	3.3	3.5	3.8	4.0	4.2	4.4	4.6	4.9	5.1	5.3	5.5	5.7	5.9	47					
48	1.8	2.1	2.3	2.5	2.8	3.0	3.2	3.5	3.7	3.9	4.1	4.4	4.6	4.8	5.1	5.3	5.5	5.8	6.0	6.2	48					
49	1.9	2.2	2.4	2.6	2.9	3.1	3.4	3.6	3.8	4.1	4.3	4.6	4.8	5.0	5.3	5.5	5.8	6.0	6.2	6.4	49					
50	2.0	2.3	2.5	2.8	3.0	3.3	3.5	3.8	4.0	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.5	6.8	50					
51	2.1	2.3	2.6	2.9	3.1	3.4	3.6	3.9	4.2	4.4	4.7	4.9	5.2	5.5	5.7	6.0	6.2	6.5	6.8	7.0	51					
52	2.2	2.4	2.7	3.0	3.2	3.5	3.8	4.1	4.3	4.6	4.9	5.1	5.4	5.7	5.9	6.2	6.5	6.8	7.0	7.3	52					
53	2.2	2.5	2.8	3.1	3.4	3.7	3.9	4.2	4.5	4.8	5.1	5.3	5.6	5.9	6.2	6.5	6.7	7.0	7.3	7.6	53					
54	2.3	2.6	2.9	3.2	3.5	3.8	4.1	4.4	4.7	5.0	5.2	5.5	5.8	6.1	6.4	6.7	7.0	7.3	7.6	7.9	54					
55	2.4	2.7	3.0	3.3	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	6.1	6.4	6.7	7.0	7.3	7.6	7.9	8.2	55					
56	2.5	2.8	3.1	3.4	3.8	4.1	4.4	4.7	5.0	5.3	5.6	6.0	6.3	6.6	6.9	7.2	7.5	7.8	8.2	8.5	56					
57	2.6	2.9	3.2	3.6	3.9	4.2	4.5	4.9	5.2	5.5	5.8	6.2	6.5	6.8	7.1	7.5	7.8	8.1	8.4	8.8	57					
58	2.7	3.0	3.4	3.7	4.0	4.4	4.7	5.0	5.4	5.7	6.1	6.4	6.7	7.1	7.4	7.7	8.1	8.4	8.7	9.1	58					
59	2.8	3.1	3.5	3.8	4.2	4.5	4.9	5.2	5.6	5.9	6.3	6.6	7.0	7.3	7.7	8.0	8.4	8.7	9.1	9.4	59					
60	2.9	3.2	3.6	4.0	4.3	4.7	5.0	5.4	5.8	6.1	6.5	6.8	7.2	7.6	7.9	8.3	8.6	9.0	9.4	9.8	60					
61	3.0	3.3	3.7	4.1	4.5	4.8	5.2	5.6	6.0	6.3	6.7	7.1	7.4	7.8	8.2	8.6	8.9	9.3	9.7	10.0	61					
62	3.1	3.5	3.8	4.2	4.6	5.0	5.4	5.8	6.2	6.5	6.9	7.3	7.7	8.1	8.5	8.8	9.2	9.6	10.0	10.4	62					
63	3.2	3.6	4.0	4.4	4.8	5.2	5.6	6.0	6.4	6.7	7.1	7.5	7.9	8.3	8.7	9.1	9.5	9.9	10.3	10.7	63					
64	3.3	3.7	4.1	4.5	4.9	5.3	5.7	6.1	6.5	7.0	7.4	7.8	8.2	8.6	9.0	9.4	9.8	10.2	10.6	11.0	64					
65	3.4	3.8	4.2	4.6	5.1	5.5	5.9	6.3	6.8	7.2	7.6	8.0	8.5	8.9	9.3	9.7	10.1	10.6	11.0	11.4	65					
66	3.5	3.9	4.4	4.8	5.2	5.7	6.1	6.6	7.0	7.4	7.8	8.3	8.7	9.1	9.6	10.0	10.5	10.9	11.3	11.8	66					
67	3.6	4.0	4.5	4.9	5.4	5.8	6.3	6.7	7.2	7.6	8.1	8.5	9.0	9.4	9.9	10.3	10.8	11.2	11.7	12.1	67					
68	3.7	4.2	4.6	5.1	5.5	6.0	6.5	6.9	7.4	7.9	8.3	8.8	9.2	9.7	10.2	10.6	11.1	11.6	12.0	12.5	68					
69	3.8	4.3	4.8	5.2	5.7	6.2	6.7	7.1	7.6	8.1	8.6	9.0	9.5	10.0	10.5	11.0	11.4	11.9	12.4	12.9	69					
70	3.9	4.4	4.9	5.4	5.9	6.4	6.9	7.4	7.8	8.3	8.8	9.3	9.8	10.3	10.8	11.3	11.8	12.3	12.7	13.2	70					
71	4.0	4.5	5.0	5.5	6.0	6.6	7.1	7.6	8.1	8.6	9.1	9.6	10.1	10.6	11.1	11.6	12.1	12.6	13.1	13.6	71					
72	4.1	4.7	5.2	5.7	6.2	6.7	7.3	7.8	8.3	8.8	9.3	9.8	10.4	10.9	11.4	11.9	12.4	13.0	13.5	14.0	72					
73	4.3	4.8	5.3	5.9	6.4	6.9	7.5	8.0	8.5	9.1	9.6	10.1	10.7	11.2	11.7	12.3	12.8	13.3	13.9	14.4	73					
74	4.4	4.9	5.5	6.0	6.6	7.1	7.7	8.2	8.8	9.3	9.9	10.4	11.0	11.5	12.0	12.6	13.1	13.7	14.2	14.8	74					
75	4.5	5.1	5.6	6.2	6.8	7.3	7.9	8.4	9.0	9.6	10.1	10.7	11.3	11.8	12.4	12.9	13.5	14.1	14.6	15.2	75					
76	4.6	5.2	5.8	6.4	6.9	7.5	8.1	8.7	9.2	9.8	10.4	11.0	11.6	12.1	12.7	13.3	13.9	14.4	15.0	15.6	76					
77	4.7	5.3	5.9	6.5	7.1	7.7	8.3	8.9	9.5	10.1	10.7	11.3	11.9	12.5	13.0	13.6	14.2	14.8	15.4	16.0	77					
78	4.9	5.5	6.1	6.7	7.3	7.9	8.5	9.1	9.7	10.3	11.0	11.6	12.2	12.8	13.4	14.0	14.6	15.2	15.8	16.4	78					
79	5.0	5.6	6.2	6.9	7.5	8.1	8.7	9.4	10.0	10.6	11.2	11.9	12.5	13.1	13.7	14.4	15.0	15.6	16.2	16.8	79					
80	5.1	5.8	6.4	7.0	7.7	8.3	9.0	9.6	10.2	10.9	11.5	12.2	12.8	13.4	14.1	14.7	15.4	16.0	16.6	17.2	80					
81	5.2	5.9	6.6	7.2	7.9	8.5	9.2	9.8	10.5	11.2	11.8	12.5	13.1	13.8	14.4	15.1	15.7	16.4	17.1	17.7	81					
82	5.4	6.1	6.7	7.4	8.1	8.7	9.4	10.1	10.8	11.4	12.1	12.8	13.4	14.1	14.8	15.5	16.1	16.8	17.5	18.1	82					
83	5.5	6.2	6.9	7.6	8.3	9.0	9.6	10.3	11.0	11.7	12.4	13.1	13.8	14.5	15.2	15.8	16.5	17.2	17.9	18.6	83					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26							

L or H (cm)	Body Mass Index (BMI)																		L or H (cm)	
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25		26
84	5.6	6.4	7.1	7.8	8.5	9.2	9.9	10.6	11.3	12.0	12.7	13.4	14.1	14.8	15.5	16.2	16.9	17.6	18.3	84
85	5.8	6.5	7.2	7.9	8.7	9.4	10.1	10.8	11.6	12.3	13.0	13.7	14.5	15.2	15.9	16.6	17.3	18.1	18.8	85
86	5.9	6.7	7.4	8.1	8.9	9.6	10.4	11.1	11.8	12.6	13.3	14.1	14.8	15.5	16.3	17.0	17.8	18.5	19.2	86
87	6.1	6.8	7.6	8.3	9.1	9.8	10.6	11.4	12.1	12.9	13.6	14.4	15.1	15.9	16.7	17.4	18.2	18.9	19.7	87
88	6.2	7.0	7.7	8.5	9.3	10.1	10.8	11.6	12.4	13.2	13.9	14.7	15.5	16.3	17.0	17.8	18.6	19.4	20.1	88
89	6.3	7.1	7.9	8.7	9.5	10.3	11.1	11.9	12.7	13.5	14.3	15.0	15.8	16.6	17.4	18.2	19.0	19.8	20.6	89
90	6.5	7.3	8.1	8.9	9.7	10.5	11.3	12.2	13.0	13.8	14.6	15.4	16.2	17.0	17.8	18.6	19.4	20.3	21.1	90
91	6.6	7.5	8.3	9.1	9.9	10.8	11.6	12.4	13.2	14.1	14.9	15.7	16.6	17.4	18.2	19.0	19.9	20.7	21.5	91
92	6.8	7.6	8.5	9.3	10.2	11.0	11.8	12.7	13.5	14.4	15.2	16.1	16.9	17.8	18.6	19.5	20.3	21.2	22.0	92
93	6.9	7.8	8.6	9.5	10.4	11.2	12.1	13.0	13.8	14.7	15.6	16.4	17.3	18.2	19.0	19.9	20.8	21.6	22.5	93
94	7.1	8.0	8.8	9.7	10.6	11.5	12.4	13.3	14.1	15.0	15.9	16.8	17.7	18.6	19.4	20.3	21.2	22.1	23.0	94
95	7.2	8.1	9.0	9.9	10.8	11.7	12.6	13.5	14.4	15.3	16.2	17.1	18.1	19.0	19.9	20.8	21.7	22.6	23.5	95
96	7.4	8.3	9.2	10.1	11.1	12.0	12.9	13.8	14.7	15.7	16.6	17.5	18.4	19.4	20.3	21.2	22.1	23.0	24.0	96
97	7.5	8.5	9.4	10.3	11.3	12.2	13.2	14.1	15.1	16.0	16.9	17.9	18.8	19.8	20.7	21.6	22.6	23.5	24.5	97
98	7.7	8.6	9.6	10.6	11.5	12.5	13.4	14.4	15.4	16.3	17.3	18.2	19.2	20.2	21.1	22.1	23.0	24.0	25.0	98
99	7.8	8.8	9.8	10.8	11.8	12.7	13.7	14.7	15.7	16.7	17.6	18.6	19.6	20.6	21.6	22.5	23.5	24.5	25.5	99
100	8.0	9.0	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	100
101	8.2	9.2	10.2	11.2	12.2	13.3	14.3	15.3	16.3	17.3	18.4	19.4	20.4	21.4	22.4	23.5	24.5	25.5	26.5	101
102	8.3	9.4	10.4	11.4	12.5	13.5	14.6	15.6	16.6	17.7	18.7	19.8	20.8	21.8	22.9	23.9	25.0	26.0	27.1	102
103	8.5	9.5	10.6	11.7	12.7	13.8	14.9	15.9	17.0	18.0	19.1	20.2	21.2	22.3	23.3	24.4	25.5	26.5	27.6	103
104	8.7	9.7	10.8	11.9	13.0	14.1	15.1	16.2	17.3	18.4	19.5	20.6	21.6	22.7	23.8	24.9	26.0	27.0	28.1	104
105	8.8	9.9	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.1	23.2	24.3	25.4	26.5	27.6	28.7	105
106	9.0	10.1	11.2	12.4	13.5	14.6	15.7	16.9	18.0	19.1	20.2	21.3	22.5	23.6	24.7	25.8	27.0	28.1	29.2	106
107	9.2	10.3	11.4	12.6	13.7	14.8	16.0	17.2	18.3	19.5	20.6	21.8	22.9	24.0	25.2	26.3	27.5	28.6	29.8	107
108	9.3	10.5	11.7	12.8	14.0	15.2	16.3	17.5	18.7	19.8	21.0	22.2	23.3	24.5	25.7	26.8	28.0	29.2	30.3	108
109	9.5	10.7	11.9	13.1	14.3	15.4	16.6	17.8	19.0	20.2	21.4	22.6	23.8	25.0	26.1	27.3	28.5	29.7	30.9	109
110	9.7	10.9	12.1	13.3	14.5	15.7	16.9	18.2	19.4	20.6	21.8	23.0	24.2	25.4	26.6	27.8	29.0	30.3	31.5	110
111	9.9	11.1	12.3	13.6	14.8	16.0	17.2	18.5	19.7	20.9	22.2	23.4	24.6	25.9	27.1	28.3	29.6	30.8	32.0	111
112	10.0	11.3	12.5	13.8	15.1	16.3	17.6	18.8	20.1	21.3	22.6	23.8	25.1	26.3	27.6	28.9	30.1	31.4	32.6	112
113	10.2	11.5	12.8	14.0	15.3	16.6	17.9	19.2	20.4	21.7	23.0	24.3	25.5	26.8	28.1	29.4	30.6	31.9	33.2	113
114	10.4	11.7	13.0	14.3	15.6	16.9	18.2	19.5	20.8	22.1	23.4	24.7	26.0	27.3	28.6	29.9	31.2	32.5	33.8	114
115	10.6	11.9	13.2	14.6	15.9	17.2	18.5	19.8	21.2	22.5	23.8	25.1	26.5	27.8	29.1	30.4	31.7	33.1	34.4	115
116	10.8	12.1	13.5	14.8	16.1	17.5	18.8	20.2	21.5	22.9	24.2	25.6	26.9	28.3	29.6	30.9	32.3	33.6	35.0	116
117	11.0	12.3	13.7	15.1	16.4	17.8	19.2	20.5	21.9	23.3	24.6	26.0	27.4	28.7	30.1	31.5	32.9	34.2	35.6	117
118	11.1	12.5	13.9	15.3	16.7	18.1	19.5	20.8	22.3	23.7	25.1	26.5	27.8	29.2	30.6	32.0	33.4	34.8	36.2	118
119	11.3	12.7	14.2	15.6	17.0	18.4	19.8	21.2	22.7	24.1	25.5	26.9	28.3	29.7	31.2	32.6	34.0	35.4	36.8	119
120	11.5	13.0	14.4	15.8	17.3	18.7	20.2	21.6	23.0	24.5	25.9	27.4	28.8	30.2	31.7	33.1	34.6	36.0	37.4	120
121	11.7	13.2	14.6	16.1	17.6	19.0	20.5	22.0	23.4	24.9	26.4	27.8	29.3	30.7	32.2	33.7	35.1	36.6	38.1	121
122	11.9	13.4	14.9	16.4	17.9	19.3	20.8	22.3	23.8	25.3	26.8	28.3	29.8	31.3	32.7	34.2	35.7	37.2	38.7	122
123	12.1	13.6	15.1	16.6	18.2	19.7	21.2	22.7	24.2	25.7	27.2	28.7	30.3	31.8	33.3	34.8	36.3	37.8	39.3	123
124	12.3	13.8	15.4	16.9	18.5	20.0	21.5	23.1	24.6	26.1	27.7	29.2	30.8	32.3	33.8	35.4	36.9	38.4	40.0	124
125	12.5	14.1	15.6	17.2	18.8	20.3	21.9	23.4	25.0	26.6	28.1	29.7	31.3	32.8	34.4	35.9	37.5	39.1	40.6	125
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	