

ANAEMIA

Anaemia is a key health concern for pregnant and lactating women, growing children and adolescents. Proper diet, iron and vitamin C rich foods and supplements play an important role to prevent anaemia.

Its symptoms are

- ✓ Paleness of eyes, tongue and hands
- ✓ Fatigue
- ✓ Shortness of breath
- ✓ Weakness

Consequence of anaemia

- ✓ Decreased mental and physical development of the child
- ✓ Unable to concentrate on any work
- ✓ Decreased ability to work
- ✓ Increased risk of infections
- ✓ Excessive bleeding during menstruation
- ✓ Increased chances of maternal mortality, especially during delivery
- ✓ Low birth weight of the newborn

CAUSES



Early pregnancy and less gap between 2 children



Lack of iron and vitamin C in diet



Worms in stomach



Unhygienic conditions and lack of sanitation

MANAGEMENT OF ANAEMIA



SUPPLEMENT
IFA Syrup 1ml twice a week

Children 6 months – 5 years



SUPPLEMENT
ONE Pink tablet every week

Children 5–9 years



SUPPLEMENT
ONE blue tablet every week

Adolescent 10–19 years



SUPPLEMENT
ONE Red tablet every week

Reproductive age women



SUPPLEMENT
ONE Red tablet every day

Pregnant and lactating women

Iron supplementation

Consume iron and vitamin C rich foods and ensure deworming



ONE tablet twice a year

Avoid alcohol, tobacco, caffeine, soda and fried/junk foods



For more information, contact Self Help Group member of your area.