

# 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
- ✓ Shortness of breath
- ✓ Fatigue
- ✓ Weakness

## 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

### Iron supplementation



**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 RICH FOODS**  
**EAT**

**VITAMIN C**  
**RICH**  
**FOODS**  
For improving absorption of iron



Consume iron and vitamin C rich  
foods and ensure deworming



**ALBENDAZOLE**

**DEWORM**  
**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.