

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

**Consume iron and vitamin C rich
foods and ensure deworming**



ALBENDAZOLE
DEWORM
tablet
twice a year



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

**Do not
consume
iron with
milk and
milk
products**