How to Give Vitamin A to Children 6-59 Months

In countries experiencing vitamin A deficiency, providing supplemental nutrition in the form of a vitamin A capsule every 4 to 6 months is vital for good infant and child health, growth, and development; this is accepted as an essential part of child survival programs. One capsule of vitamin A given two times a year to children 6 to 59 months of age can reduce mortality by 24%.

**Vitamin A supplementation can help to protect infant and child health because it:**

- Increases child survival
- Supports a healthy immune system
- Reduces new cases or incidences of diarrhea and measles
- Protects eyes and eyesight and prevents anemia
- Promotes physical growth

**Recommendations:**

- During the first six months of life, infants should be exclusively breastfed.
- Children 6 months and older should eat a nutritious diet that includes a variety of brightly colored fruits and vegetables, animal products such as dairy and meat, nuts, oils, and legumes.
- Infants 6 to 11 months of age should receive one 100,000 IU dose of vitamin A.
- Children 12 to 59 months of age should receive one 200,000 IU dose of vitamin A two times each year.
- Infants and children who have received vitamin A supplementation within the past 1 month (4 weeks) will not get any additional benefits from a second dose of vitamin A given in the same month, and it should not be given.

For more information, contact: programs@vitaminangels.org
Giving Vitamin A to Children 6–59 Months

Infection Prevention
To minimize the spread of infection from one child to another, always ensure that hands are clean when giving vitamin A to infants and children.

Capsule Cutting
With the capsule’s narrow tip pointing up, use clean scissors to cut off the tip of the capsule.

While the caregiver supports the child’s head and ensures that their mouth is open, squeeze vitamin A oil into the child’s mouth without touching the child.

Never force a child to take vitamin A, do not hold a child’s nose to force them to swallow, and do not give it to a child who is crying.

• Except if the child has a respiratory infection and is unable to breathe, there are no conditions or illnesses that prevent a child age 6 – 59 months from being given VAS. If a child is suffering from respiratory distress, they should be referred for immediate medical attention.

• Never send vitamin A home with a caregiver to give to the child later.

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Vitamin A 100,000 IU : Infants 6 -11 Months
Vitamin A 200,000 IU : Children 12- 59 Months

Blue capsule
Crawling

Red capsule
Walking

6-11 MONTHS
12-59 MONTHS

1 Age appropriate Dose Every 4-6 Months

Healthcare provider’s hands are cleaned using an alcohol-based hand sanitizer or soap and clean water.

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