Part 1

Community Education

1. Welcome children and caregivers
2. Vitamin A given today
3. Explain age to dose relationship
4. Give every 4 to 6 months
5. Benefits of vitamin A:
   - Strong
   - Healthy eyes
6. Side effects that may occur:
   - Nausea
   - Vomiting
   - Headache
   - Loss of Appetite
   - Swelling of the Fontanel (soft spot on head)
7. Rare side effects: only 5 out of 100 children
8. Side effects last a maximum of 2 days
9. For symptoms beyond 2 days, or if other symptoms develop, get medical help
10. Very safe; even with vaccines
11. Ask for questions
Eligibility Criteria to Qualify

Part 2a

12. Ask for child’s name and health card – use to verify name, age, and last dose

13. Check for eligibility. Child is not eligible for a service unless they meet all criteria listed below that service. Never send vitamin A home with a caregiver to give to the child later

Qualify for Vitamin A

- 6-59 Months (6 months up to 5 years)

- Yes: Ask: How old is your child?
- Yes: Check: Age is 6-59 months

- Yes: Show vitamin A capsules to caregiver
- Yes: Ask: When did child last receive vitamin A?
- Yes: Check: No vitamin A in past 1 month

Ask caregiver if child has any of the following today. If so, do not give service and refer child for medical help.

For vitamin A – OBSERVE and make sure there is NO:

- Severe Difficulty Breathing Today
14. Clean your hands

15. To prevent choking, ask and make sure the child is calm. 
   Never force a child to take vitamin A and do not give it to a child who is crying.

16. Choose dose by age

<table>
<thead>
<tr>
<th>6-11 Months (6 months up to 1 year)</th>
<th>12-59 Months (1 year up to 5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100,000 IU</td>
<td>200,000 IU</td>
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17. Caregiver holds head and helps child open mouth

18. Cut off capsule tip

19. Do not touch child; give vitamin A

20. Discard capsule in waste container

21. Ask if child has swallowed oil and is okay

22. Wipe oil off hands and scissors
Part 3  Recordkeeping and Exit Counseling

23 Record doses given on register and health card

24 Write return date for child and tell caregiver when to return

25 Very safe; even with vaccines

26 Side effects that may occur:

- Nausea
- Vomiting
- Headache
- Loss of Appetite
- Swelling of the Fontanel (soft spot on head)

27 Rare side effects: only 5 out of 100 children

28 Side effects last a maximum of 2 days

29 For symptoms beyond 2 days, or if other symptoms develop, get medical help

30 Benefits of vitamin A:

- Strong
- Healthy Eyes

31 Ask for questions
Instructions: This visual checklist is a picture version of the performance checklist for Vitamin A Supplementation (VAS). Each of the 31 steps in the performance checklist appear here in image form. The purpose of this visual checklist is to help you when you are delivering Vitamin A and when you are coaching others to provide VAS, as approved by your organization. As you practice and become skilled at providing VAS, you should use a ballpoint pen and make notes on this visual checklist to remind you of important points.

Here are the general steps for using the visual checklist when coaching others to provide VAS:

1. Explain: Use this visual checklist to explain each of the steps in VAS service delivery (using the performance checklist to provide more detailed information).
   - First, show and explain the three parts of the checklist.
   - Then, while everyone points to step 1, ask “What do you see in the picture?”.
   - Next, have one person read the words for step 1 aloud. Take turns doing this for all 31 steps.

2. Demonstrate: Perform all 31 steps in VAS service delivery using this visual checklist.

3. Coach: Ask the service providers to use their copies of the visual checklist to practice giving VAS (usually in pairs) while you observe and provide feedback.

4. Feedback: Give each service provider feedback on steps they are doing well and steps that they need to practice more.

Have one or more copies of this visual checklist available when VAS services are being given. You and the other service providers can refer to the checklist as needed to help ensure that correct and safe services are being provided.

For more information on VAS service delivery including a copy of the performance checklist, a video on how to provide Vitamin A, and other materials, go to the Vitamin Angels’ website at www.vitaminangels.org.

What To Do if a Child Chokes

Staff administering Vitamin A to small children should be trained in what to do if a child chokes. They should also have the authority and respect of the health post staff to act if necessary.

For Very Small Children
- Lay the child’s chest on your thigh, then lean the child’s head down.
- Thump on the middle part of the child’s back 5 times using your palm.
- If the problem is not resolved: Lay the child on your thigh facing upwards (child on its back).
- Press on the thoracic area of the child 5 times using your 2 fingers.
- Repeat if necessary.

For Older Children
- Lay the child on his/her abdomen on your thigh, then lean the child’s head down.
- Thump on the middle part of the child’s back 5 times using your palm.
- If the problem is not resolved: Hold the child from behind in a standing position with your hands below the child’s arms just below the rib cage.
- Press the child’s body upwards.
- Repeat if necessary.