

# Reproductive, Maternal, Newborn and Child Health (RMNCH) Message Guide



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## **Table of Contents**

Introduction .....	4
Family Planning .....	5
Family planning after delivery.....	6
Big Belly Care .....	7
Nutrition during pregnancy .....	8
Safe Delivery .....	9
Pre-delivery.....	9
Delivery at a clinic or hospital.....	9
After delivery.....	10
Breastfeeding (Giving Taytay Water) .....	10
Exclusive breastfeeding .....	10
Breastfeeding techniques.....	11
Importance of continuing to give taytay water .....	11
Expressing taytay water and cup feeding .....	12
Maternal Nutrition .....	12
Post-natal (After Delivery) Care .....	13
Infant Nutrition.....	14
Complementary Feeding (Giving the baby different foods).....	14
Types of Foods to Give to Infants.....	14
Feeding Practices .....	15
Food Safety and Hygiene .....	15
Infant Health .....	16
Illness .....	16
Keeping an Eye on Baby's Growing.....	16
Vaccinations .....	17
Diarrhea (running stomach/runny poo-poo).....	17
Malaria.....	17
Vitamin A.....	18
Worms .....	18
Polio .....	18
Measles .....	18
Yellow Fever.....	19
Rabies.....	19

Healthy Family .....	19
Cooperation among couples.....	20
Ebola.....	20
Involvement of husbands or male partners for a healthy family.....	21
For Women with HIV.....	21
Mother-to-child transmission .....	21
Infant Feeding .....	22

## Introduction

This guide contains essential messages spanning many topics of reproductive, maternal, newborn and child health (RMNCH), that can be adapted and incorporated into programs, activities or materials. The guide is primarily intended to be used as a starting point for all partners planning and developing RMNCH activities targeted either at the general public or at health providers in Liberia. The messages contained within have been carefully developed and thoroughly reviewed by a variety of key partners, and they have been approved by the National Health Promotion Division of the Ministry of Health.

When developing activities and materials, partners should not necessarily use the messages exactly as they are written in the guide, nor should all messages for a particular topic in the guide be used within a single program, activity or material. Rather, messages should be selected based on the information needs of the intended audience, the aim of the overall program, and the purpose of the material. Messages can be adapted to ensure that they are appropriate for the intended audience, particularly in regard to the terminology, technical details, and complexity of the structure of the message. All messages adapted and materials developed using the contents of this guide will still be subject to review and approval by the Messages and Materials Development sub-group (MMD) of the Health Promotion Technical Working Group (HPTWG).

This guide may also be used by the media as a resource for approved messages that can be included in content directed at the public.

The ultimate purpose of this guide is to improve the quality of social and behavior change communication efforts related to RMNCH, by ensuring the consistency, accuracy and relevance of messages. As such, this guide is an important tool for advancing the national goals of improved health of mothers, infants and young children.

## Family Planning

- Family planning is the use of modern contraceptive methods to space the births of children. Family planning allows a woman and a man to decide when to have children and how many children to have.
- Family planning is a common, safe and effective way to promote and protect the health and well-being of the family.
- Contraceptives can be used for family planning by married people and single people.
- Healthy timing and spacing of deliveries means waiting at least 2 years before trying to become pregnant again.
- Spacing children allows:
  - More time to give taytay water and care for each child. This means the baby will be healthier and grow strong.
  - More time for a woman's body to recover between deliveries. This will make the mother stronger and give her more energy to take care of her child/children.
  - More money for the family because there won't be so many mouths to feed, clothes to buy and school fees to pay all at one time.
- There are many types of family planning methods. Some are used by men, like male condoms and vasectomy. Others are used by women, like the pill, IUD, female condoms, injectables, and implants.
- Some family planning methods are short term. Some last a longer time, and some are permanent. With the short and long acting methods, it is still possible for women to become pregnant. When a woman is ready to have a baby, she can stop using the method. It is not possible for a woman to get pregnant again if she or her partner has decided to use a permanent method.
- Some family planning methods have no side effects, and some have mild side effects that pass within a few months.
- It is good for couples to talk to a health worker about family planning. The health worker will talk to the couple or individual about the different methods and can help the couple or individual decide which family planning method is a good fit for their needs and interests. Then the couple or individual will decide for themselves which method to use. Health workers can also give accurate information on how to use family planning (including what to expect, bad signs to report).
- Both women and men have an important role to play in planning a family so it is good for the couple to talk together about their dreams for their family and to make a decision together about using a family planning method.

- After a baby has died in the woman's belly or after an abortion, a woman should wait at least 6 months before trying to get pregnant/big belly again. To avoid having a baby again too soon, a woman should consider using a family planning method.

### Family planning after delivery

- It is important for the man and woman to go together to the clinic or hospital for family planning advice soon after their baby is born.
- Giving taytay water during a baby's first 6 months can stop pregnancy only if the mother is feeding the baby only taytay water and nothing else AND if the mother's menstrual period has not returned. This family planning method is called Lactational Amenorrhea Method (LAM). It is only effective if the mother is giving only taytay water every time the baby wants to feed AND the mother's menstrual period has not come back.
- LAM does not protect against sexually transmitted infections (STIs) including HIV. To give protection against STIs, condoms should be used each time for man and woman business.
- After the baby has reached six months and the mother is no longer giving only taytay water, the LAM method no longer works. The woman can become pregnant again, even if her period has not returned. She should consider choosing another family planning method.
  - Both women and men have an important role to play in planning a family, so it is good for the couple to talk together about their dreams for their family and to make a decision together about using a family planning method.
  - It is good for couples to talk to a health worker about family planning since the health worker can help determine which family planning method is a good fit with the couple's needs and interests. Health workers can also give accurate information on how to use family planning. However, an individual may also decide to use family planning on his/her own without consulting his/her partner.
- Even when the mother is giving only taytay water, if her period has returned, she could become pregnant again. She should talk with her spouse/partner about choosing another family planning method.
- Other than LAM, there are many types of family planning methods. For more information about methods, refer to the section on Family Planning above.
- There are many family planning methods that are safe to use by women who are giving baby taytay water but some can have bad effects on taytay water. So women who are giving their baby taytay water and want to use a family planning method should talk to their health worker to receive advice on which methods are good for the mother and the baby.

## Big Belly Care

- A woman should go for ANC visit as soon as she suspects she is pregnant or if her period is 2 weeks late.
- At her first big belly visit, the woman will receive a big belly card, receive a free mosquito net and get examined. She should bring the big belly card to all future big belly visits.
- Big belly women should go to ANC visits at least 4 times each time she is pregnant. These check-ups are important to learn about their health and how their baby is growing. The ANC visits are a time for getting vaccinations such as tetanus and medications such as malaria medicine or worm medicine.
- All big belly women and their husband/man should get tested for HIV together at the clinic. If one or both of them is HIV positive, they should follow the health worker's instructions. There is medicine that can help stop the baby from getting HIV from the mother, and the health worker will give this medicine and instructions on how to take it. (See "For Women with HIV" section).
- It is not always easy for a big belly to know that she has malaria. She may have malaria and not even know. The only way to check is by a test that is done at the clinic or hospital.
- Malaria can hurt an unborn baby, can make the baby come before time, cause the baby to die in the woman's belly and/or cause bleeding and death of the mother. To stop malaria problems, a big belly should take malaria medicine at every big belly visit beginning in month 4 and should sleep under a treated net.
- Big belly women should seek care from a clinic quick-quick for any bad signs. Bad signs include:
  - Bleeding or spotting through private parts
  - Swelling in hands, face and/or feet
  - Jerking
  - Fainting
  - Severe headache
  - Blurred vision
  - Discharge from private parts
  - Lower abdominal pain
  - Painful urination or urine changes color/contains blood
  - Continuous vomiting and heartburn
  - Fever
  - Feeling tired easily
  - Pale hands, lips and tongue
  - Feeling the baby move less



- Bad signs in big belly women can cause the big belly or her baby to be hurt and can even cause death. If the big belly has any bad signs, she should go quick quick to the clinic or hospital.

### Nutrition during pregnancy

- To stay healthy and strong and to help the baby grow, big belly should eat different different foods.
- Good foods include:

#### Body Building Foods

- Meat
- Fish
- Eggs
- Beans
- Benny Seeds
- Peanuts

#### Energy Foods

- Rice
- Plantain
- Eddoes
- Cassava
- Palm oil
- Potatoes

#### Protective Foods

- Pepper
- Banana
- Green leaves
- Pawpaw
- Orange
- Lemon

- Backyard gardens are a good way for households to make sure that many of these foods are available all the time and at very low cost.
- Big belly women should not drink coffee, tea and sugary drinks since these drinks are not good for the baby. When thirsty, big belly women should drink treated water.
- Big belly women should eat one extra bowl of food or other small food in between main meals each day. This helps the big belly to keep up her energy and helps the baby get enough food to grow properly.
- Big belly women who feel nausea should eat small and frequent meals 5 or 6 times a day.
- Big belly women MUST avoid alcohol and smoking since these are both very bad for the baby.
- Big belly women should take iron and folic acid tablets during pregnancy and for at least 3 months after delivery to keep the mother healthy and strong and to help the baby grow properly. These medicines are given by a health worker during big belly visits.
- Households should use iodized salt in their cooking or on their food. This type of salt helps a baby's brain and body grow properly.

## **Safe Delivery**

### **Pre-delivery**

- Big belly women should go to ANC visits at least 4 times each time she is big belly. (For more information, refer to Big Belly Visits section above).
- Big belly and her spouse/partner should have a delivery plan in place so they are ready to go to the clinic for delivery when ready. Having a plan is good for a normal delivery but is very important if there is an emergency and things have to happen quick quick.
- Big belly and her husband/man husband/man should set aside money for transportation to the clinic or hospital and for the care the big belly will need before, during and after delivery.
- Big belly should prepare a bag with clothes and supplies that she can bring with her to the clinic for delivery.
- The delivery plan should say who will go to the clinic or hospital with the big belly. If the big belly lives far from the clinic, the delivery plan should say who will stay at the maternal waiting room with her and who will stay home with the other children.
- During her big belly visit, a big belly may get medicine called misoprostol/after birth medicine from a nurse or TTM. This medicine can help stop too much bleeding after delivery if the big belly must deliver away from the clinic.

### **Delivery at a clinic or hospital**

- Big belly should deliver their baby at a clinic or hospital. It is free to receive this care at government facilities and the benefits of doing this are:
  - She will be assisted by trained health workers.
  - The naval string will be cut in safe and clean surroundings.
  - There can be quick-quick action if there is too much bleeding, the labor is too difficult or if the big belly has high blood pressure.
- If a big belly is not able to deliver at a clinic or hospital, she should get there as soon as possible, at least before one day after delivery.
- Delivery at a clinic or hospital means that the delivery will be registered. A birth registration certificate is necessary for the child to register for school, to vote, and to get a passport.
- Tetanus is a serious disease that can cause death of the big belly and baby if unclean instruments are used during delivery or if delivery is in unclean surroundings.
- Signs of tetanus are: stiffness of the neck, jaw and other muscles, sometimes clenching of the teeth so that the mouth cannot open, or difficulty swallowing.
- A baby that has tetanus may be normal at delivery but then after 2 days is not able to suck (feed) or starts jerking.

- Tetanus can be stopped if the mother has been vaccinated during big belly visits.
- Vaccinations to stop tetanus are available at the clinic or hospital free of charge to all women between the ages of 15 and 49 years and their babies.
- The vaccination to stop tetanus is done twice for each pregnancy, up to five times: the first one at the first big belly visit and the second at the second big belly visit.

### **After delivery**

- Quick-quick after delivery, the mother should hold the newborn skin-to-skin. Holding the baby like this is called “Kangaroo Care.” Kangaroo care keeps the baby warm and breathing well, and it also helps bonding between the mother and baby.
- The new baby ma should give the baby taytay water within 30 minutes of delivery.
- If taytay water is given quick quick after delivery, the baby gets the important yellow taytay water.
- The yellow taytay water is full of vitamins to make the baby strong. It has important medicines made by the baby ma’s body which protect the baby from getting sick.
- Giving taytay water to the baby soon after delivery also helps stop the mother’s bleeding.
- New parents should get a medicine from a health worker for cleaning the navel string. This medicine is called chlorhexidine digluconate and should be applied daily to the navel string for the first week of baby’s life to make sure the navel string area stays clean.

### **Breastfeeding (Giving Taytay Water)**

#### **Exclusive breastfeeding**

- Exclusive breastfeeding means feeding the baby ONLY taytay water for the first 6 months.
- Taytay water provides all the food and water that a baby needs during the first 6 months and protects babies from many diseases.
- Taytay water is always the right temperature for the baby, it is clean, and there can be no mistakes or infections like from mixing formula with unclean water.
- During the baby’s first 6 months, no other foods or fluids (including water, milk powder, country medicine) should be given to the baby. Giving a baby other foods or fluids could cause the baby to get sick.
- If given other foods or fluids in the first 6 months, the baby may not drink as much taytay water as needed. This can slow down the production of taytay water by the mother’s body, and the baby may not grow properly.

## Breastfeeding techniques

- When giving taytay water, baby ma should empty one breast fully before switching to the other. This signals to her body to keep making taytay water.
- The suckling (with good attachment) makes more taytay water and satisfies the baby.
- While the baby is drinking taytay water, the baby ma should not be busy with other activities. She should sit comfortably and just focus on giving her baby taytay water.
- While giving taytay water the mother should sit straight, hold the baby's face close and towards the breast, and support the baby's head with her arm.
- The 4 signs of good attachment are:
  - Baby's mouth is wide open before taking nipple in mouth.
  - There should be more of the darker skin (areola) of the breast above the baby's mouth than below.
  - Baby's lower lip is turned outwards.
  - Baby's chin is touching mother's breast.

## Importance of continuing to give taytay water

- Most young babies will drink taytay water 8 to 12 times in 24 hours or every 2-3 hours.
- Baby ma should give taytay water whenever the baby shows signs of being hungry, even when it has not been very long since the last feeding.
- Most young babies will take between 20 to 45 minutes to finish drinking enough taytay water to make them full. Signs that a baby is done feeding include: not suckling, not swallowing, long pauses between sucking, becoming sleepy.
- It is important to continue feeding young babies throughout the night so the baby ma should not be separated from her baby at night. If the baby does not wake up on his/her own during the night during the first six months, the baby ma should wake the baby every 4 hours to give taytay water.
- Mothers should continue giving taytay water even when the baby is sick. Giving taytay water stops the baby from losing weight and helps the baby get better.
- If a baby is refusing to drink taytay water, the baby ma or caregiver should take the baby to the clinic or hospital quick-quick. Not taking taytay water is a sign that the baby may be sick.
- When the baby ma is sick, she should continue to give taytay water to her baby whenever possible. She may need extra food, liquids, rest and support during this time so she can get better.

### Expressing taytay water and cup feeding

- Before expressing and feeding, always wash hands and dishes with soap and clean water.
- Women who will be expressing should get comfortable. It may be helpful to gently stroke the breast or place a warm cloth on the breast to stimulate the flow of taytay water.
- How to express:
  - Put thumb on the breast above the dark area around the nipple (areola) and the other fingers on the underside of the breast behind or below the areola.
  - With thumb and first two fingers, press a little bit in towards the chest and then press gently toward the dark area (areola).
  - Taytay water may start to flow in drops or sometimes in fine streams. Collect the taytay water in a clean container.
  - Avoid rubbing the skin as this can cause bruising. Avoid squeezing the breast too hard which can stop the flow of taytay water.
  - Rotate the thumb and finger positions and press/compress and release all around the areola.
- If the mother will be leaving her baby with a caregiver she should express and store taytay water before she leaves home. If the expressed taytay water will be given to the baby later, then the baby ma should make sure to wash her hands and clean the storage container.
- Mothers should continue to express taytay water while they are away from their baby. This will keep the taytay water flowing and stop breast swelling.
- When stored in a cool place in a covered container, expressed taytay water will stay in good condition for 8 hours.

### Maternal Nutrition

- When a mother is giving her baby taytay water, everything that she eats and drinks can get passed to the baby through the taytay water.
- Women who are giving their baby taytay water should eat a mix of locally available foods to help them stay healthy and strong and to give the baby the nutrients they need to grow. A good mix of foods includes body building foods, energy foods and protective foods. (For more information, see Nutrition in Pregnancy section above)
- Women who are giving their baby taytay water MUST avoid alcohol and smoking since these can be very bad for the baby.
- Households should use iodized salt in their cooking or on their food. This helps the baby's brain and body develop well.

- Women who are giving their baby taytay water should eat two extra bowls each day to give the body extra energy for producing taytay water.
- New mothers should take iron and folic acid tablets for at least 3 months after delivery to keep the mother healthy and strong. These medicines are given by a health worker at the clinic or hospital.
- All new baby ma should take vitamin A capsules from the clinic or hospital right after delivery and then again after 8 weeks. This way, the baby receives vitamin A in the taytay water. Vitamin A is important for good vision, growth and development and for helping the body fight diseases.

### Post-natal (After Delivery) Care

- At the clinics and hospitals, there is free care and medicine for newborns, but it is still important for families to have money set aside in case there is an emergency and the baby needs to be taken to the clinic or hospital quick quick.
- The new baby ma should bring her baby to the clinic 3 times after delivery: first, within 24 hours of the baby being born, the second time should be one week after delivery and the last time should be within 6 weeks after delivery.
- During after-delivery visits health workers will keep an eye on the health of the mother and baby, babies will receive important vaccinations, and mothers can talk with a health worker about any problems or concerns.
- At after delivery visits at the government clinics or hospitals, mothers will also receive a mosquito net.
- Husbands/men should be understanding and encouraging of their partner going to the hospital or clinic for after delivery care visits since these visits are very important for the health and well-being of both baby ma and baby.
- A new baby ma should go to the clinic quick quick if there are any danger signs for her or her newborn. These are often problems that cannot be dealt with by the family or by a TTM or gCHV; the mother or newborn must be taken to the clinic or hospital quick-quick.
  - Danger signs for new baby ma include:
    - Heavy bleeding
    - Severe pain
    - Fainting
    - Weakness
    - Fever
    - Foul smell near private parts
    - Severe headache
    - Trouble seeing clearly or breathing

- A hot, red or painful lump in breast and fever
- Swelling in face and hands
- Danger signs for newborns include:
  - Trouble feeding
  - The navel string area is red or swelling
  - Decreased activity
  - Very hot or cold temperature
  - Difficulty breathing
  - Jerking
  - Rash or bumps on skin or discolored skin
  - Eyes are red, swollen or have lots of discharge/pus from the eye

## Infant Nutrition

### **Complementary Feeding (Giving the baby different foods)**

- Giving a baby food of any kind or liquids other than taytay water before the baby is 6 months old can be bad for the baby's stomach and make the baby sick.
- When a baby is 6 months old, taytay water alone is no longer enough for the baby. Because the baby is growing quickly, the baby needs other good food to grow and be healthy.
- Introducing soft foods in addition to taytay water is called *complementary feeding*.
- When the baby ma starts giving the baby other foods, up until the baby is 9 months, the baby ma should give taytay water first before giving the baby other food.
- When beginning to give the baby foods, the baby ma or caregiver should give the baby soft foods 2 to 3 times each day in addition to taytay water. At first the baby may only eat a few spoonfuls of food but slowly, the baby will want to eat more.
- As the baby gets older, he or she will want to eat more times a day.
- When the baby is between 9 and 11 months old, he/she should be given one small bowl of food 3 to 4 times a day and continue to drink taytay water.
- After one year old, the baby should be given 3 main meals plus different kinds of fruits at least 2 times per day.
- Baby ma should continue to give taytay water to her child for at least two years.

### **Types of Foods to Give to Infants**

- When first starting to eat foods, the baby should be given foods that are very soft, smooth and slowly fall off the spoon
- Good foods for babies who are just starting to eat different foods include:
  - Fruit or cooked vegetables, should be mashed
  - Cooked beans, should be mashed

- Cooked eggs, meat or fish, finely chopped
- Rice or plantain porridge with peanut butter/ Bonny dust / bene seeds
- Ripe mashed banana with peanut butter
- The child should not be given watery porridge as this will fill the stomach but will not provide nutrients. If a baby is to be given porridge, peanut butter, mashed vegetables or fruits, or chopped meat should be added to help the baby to grow.
- After 9 months, the baby ma or caregiver should give the baby different different kinds of food. One new food can be added to the baby's diet each week.
- After 9 months, the baby can be given foods that are more solid but very finely mashed or chopped.
- Children should not be given liquids or foods that are not healthy for them. Foods that are not healthy include artificial juices, soft drinks, coolaid, candy or biscuits, as these do not help the baby grow. It is cheaper and better for the baby to feed on natural fruits like bananas and oranges.
- Caregivers should try to feed children the same foods the rest of the family is eating Just ensure that the food is softened and without pepper.

### Feeding Practices

- It can take some time for babies to get used to eating foods along with drinking taytay water. Caregivers should be patient and actively encourage the baby to eat but not force the baby to eat.
- If a baby refuses a food or doesn't seem to like a food but does not show any signs of illness or allergy, the baby ma or caregiver should continue trying to give that food. It sometimes takes a few tries before a baby accepts a new food.
- The baby ma or caregivers should use a separate plate or bowl to feed the child to keep an eye on how much food the baby ate.

### Food Safety and Hygiene

- It is important for caregivers to make sure food is prepared and served in clean conditions to keep the baby from becoming sick.
- When giving taytay water, the mother should always wash her hands with soap and clean water prior to feeding her baby.
- Caregivers should always wash their hands with soap and clean water before preparing food, before feeding the baby, after using the toilet and after changing the baby's diaper.
- Caregivers should always wash the baby's hands with soap and clean water before feeding, especially if the baby is using his/her own hands to eat.
- Caregivers should use a simple cup when giving the baby something to drink. Bottles, nipples or baby cups are difficult to clean and using them can make it more likely that the baby becomes sick.



- Caregivers should always use clean dishes for serving food, store food in covered and clean containers, and serve food to the baby within two hours of cooking.

## **Infant Health**

### **Illness**

- Caregivers should continue to feed the child when the child is sick to keep him/her from losing too much weight and to give the child the energy that helps get better faster.
- After a child is no longer sick, caregivers should offer the child small amounts of a mix of foods many times a day because the child needs extra food to gain weight and get better.
- If the child has fever, take the child to a clinic or hospital for a check up within 24 hours of the fever starting.
- If any of the following symptoms are present in a child, the child should be taken to a clinic or hospital quick-quick:
  - Refusal to feed and being very weak
  - Vomiting
  - Running stomach (more than 3 runny poo-poops a day and/or blood in the poo-poo, sunken eyes) – see section on Running Stomach below
  - Jerking (rapid and repeated shaking of the body)
  - The lower part of the chest sucks in when the child breathes in or it looks as though the stomach is moving up and down (respiratory infection)
  - Fever
  - Weight loss
  - Swelling of the body

### **Keeping an Eye on Baby's Growing**

- Caregivers should take the child to a clinic or hospital for keeping an eye on baby's growing until the child is 5 years old.
- A healthy baby who is growing well should gain weight every month. If a baby is not gaining weight or is losing weight, there is a problem. The child should be taken to a clinic or hospital.
- Nurses can check a child's growth by measuring around the top of the child's arm.
- Baby ma or caregivers should look out for early slow growing or other signs that a child is not growing strong and healthy. If a child has been growing slow for a long time, it can be more difficult to stay strong and healthy.

## Vaccinations

- Vaccinations protect children from some of the worst children's diseases such as tuberculosis, tetanus, diphtheria, whooping cough, polio, measles and yellow fever. A child who does not receive vaccines can get sick more easily which may lead to death.
- Vaccinations against these diseases are given free to children within the first year of life.
- Children should be taken to the clinic or hospital for these vaccinations 5 times before the first birthday: at the time the baby is born, 1 ½ months after the baby was born, 2 ½ months, 3 ½ months and 9 months. The times for vaccination visits are printed on the "Under-5 Road to Health" card, the baby card that is given to the child's mother during the first visit to the hospital or clinic.
- Sometimes vaccinations can cause itching or pain where the injection was given or a child may develop a fever. Families should know that these are normal reactions and do not usually need medicine. This is just a sign that the baby's body is learning how to fight sickness. If signs do not go away after 2 days, the child should be taken to the clinic or hospital.
- Baby Ma should always remember to keep the baby's Under-5 Road to Health card in a safe place and carry it along every time she goes to the clinic.

## Diarrhea (running stomach/runny poo-poo)

- Running stomach is harmful, but can be prevented. If not treated quickly, it can lead to death.
- Running stomach is caused by poor hygiene that allows germs to get into a person's stomach.
- In case of running stomach some people think that drinking water makes it worse. When a person has running stomach, it is important to give clean water and ORS.
- When a child has running stomach more than 3 times in one day, it is important to give taytay water and ORS and then take the child to the nearest clinic.
- The child should be taken to the clinic quick quick in case of any of these signs: running stomach more than 3 times a day, blood in poo-poo or sunken eyes. These signs can mean a child has severe running stomach or other bad diseases including Ebola.

## Malaria

- To stop malaria, a child should sleep under a treated mosquito net always: every night and everywhere.
- Mosquito nets are safe to use; they are treated with insecticide that kills mosquitos but will not harm the people and children who sleep under them.
- Mosquito nets are given for free at big belly visits and at delivery at a facility.

- Fever/hot body is a common sign of malaria, but not all fever/hot body is malaria so it is important to take the child to get tested to make sure they are treated for the sickness they have.
- ACT is an effective treatment for simple malaria. ACT is free at public health facilities throughout Liberia.
- Children under five with malaria should receive ACTs on the same day they show malaria symptoms and they should continue taking ACTs for as long as the doctor recommends even if the child no longer has symptoms.

### Vitamin A

- It is important that children receive enough vitamin A to protect them from night blindness.
- Vitamin A is found in taytay water. After the child is no longer only drinking taytay water, it is important to make sure the child gets Vitamin A to keep the level high.
- Vitamin A is distributed as a routine medicine or within the polio campaign and should be given to babies at 6 months and up to 59 months.
- Vitamin A is also found in foods such as: sweet potatoes, carrots, squash, greens, fish, milk and eggs. Caregivers should make sure to serve these foods to children.

### Worms

- Worms can cause children to not grow fast enough.
- Since children like to put anything in their mouths, it can be impossible to know if a child comes into contact with worms. To kill possible worms, a health worker can give a child worm medicine every six months.
- Vitamin A and worm medicine is available from the clinic or hospital and is free for children.

### Polio

- Polio is a sickness that can cause a child to become crippled.
- Polio is very easy to catch so it is important that babies receive the polio vaccination in the first year to protect the baby against Polio.
- Polio vaccine is given with 2 drops in the baby's mouth. Children must get at least 4 Polio vaccinations.
- Vaccinators will go door to door during polio vaccination campaign time to give the vaccine.
- If a child is not vaccinated during the campaign time, caregivers can take their children to the clinic to get the vaccine.

### Measles

- Measles is the spot-spot sickness that can cover the skin and make the skin hot.

- Measles is very dangerous because it can catch all children in the house or community quick quick.
- The best way to protect children from Measles is by the vaccine. All children should take the Measles vaccine at the clinic when they are nine months or during the vaccine campaign.

### **Yellow Fever**

- Yellow fever is a very dangerous sickness that comes from mosquitos and can cause death.
- Signs of yellow fever in a child are fever, yellow eyes, body pain and vomiting.
- The best way to protect children from yellow fever is by the vaccine. The vaccine is given to infants at the clinic at nine months.

### **Rabies**

- Rabies is a very serious sickness transmitted by a bite or scratch from a sick animal. Rabies mostly comes from dogs, but also other animals like cats.
- The best way to protect against Rabies is to not go near stray dogs or wild animals and not touch stray dogs or wild animals, even ones that look friendly.
- In case of bite or scratch from a dog or from a wild animal go immediately to the closest clinic or hospital.

### **Healthy Family**

- It is important to follow instructions from health workers about medicines and healthy behaviors.
- Households should use iodized salt, which should be added almost at the end of cooking. This type of salt helps children's brains and bodies grow properly.
- To stop malaria, households should use treated mosquito nets correctly and every night and take malaria medicines as instructed by health worker.
- Keeping clean is one way to stop bad diseases. For a healthy family it is important to keep the house and yard clean, always wash food and dishes well and frequently wash hands and bathe.
- Washing hands is important for stopping the spread of germs that can cause illness.
- Caregivers should always wash hands with soap and water (or ash and water) before preparing foods, before feeding baby, before eating, after using the toilet and after washing or changing the baby's diaper.
- The use of the toilet for poo-poo and pee-pee is also important for stopping the spread of germs that can cause illness.
- It is good to cover food and drinking water to keep flies, animals and dirt away.

- It is good to store drinking water in gallon containers (5 gallon, 3 gallon 1 gallon container) with tap.
- Households should make sure the water being used for drinking and cooking is clean. If the water is not clean it should be treated with WaterGuard or Chlorox.

### Cooperation among couples

- Raising a happy and healthy family is easier when the man and woman work together, communicate openly, make decisions together and support each other.
- It is very important for couples to feel comfortable talking with each other about their daily lives, their health, their problems, their dreams and much more. This will help couples understand and support each other.
- When couples are comfortable talking to each other it makes it easier to talk about sensitive things like man and woman business, STIs, HIV and family planning.
- Couples should make decisions about family planning together since both the man and woman share responsibility in raising a happy and healthy family.
- The best way to avoid HIV is to remain faithful to one partner or use condoms for all man-woman business and test for HIV together.

### Ebola

- Ebola and other serious fevers are real and are still around us.
- Ebola or other serious fevers can start quick-quick and come with weakness, headache, body pain, sore throat, vomiting, running stomach, rash, red eyes, and/or bleeding from the nose or mouth.
- Ebola or other serious fevers are spread person to person through blood, poo-poo, pee-pee, vomit, sweat, tears, and man and woman business from a person who is sick or has died from Ebola or serious fever.
- One of the ways to protect against Ebola and other serious fevers is by always washing hands with soap and clean water.
- In case of suspected case of Ebola or any other serious fever, it is necessary to keep a distance from sick people, their personal things, and their blood, vomit, poo-poo, pee-pee, sweat or spit. People who may be infected should not be touched.
- Someone with Ebola-like symptoms should not walk or travel. This can spread Ebola or any other serious fever to more communities and make more people sick. In case of someone sick in the community, someone should call 4455 and tell the community leader quick quick.
- If someone dies, his or her body should not be touched by anyone. Someone should call 4455 quick quick and tell the community leader.
- All family members must allow health workers to collect spit from the mouth of the dead person.

- The health workers will explain the test and answer questions the family may have. After talking with the family, the health workers will put on protective clothes for the body testing.
- Dead body testing is taking spit from the mouth of the dead body with cotton ball to check for Ebola.
- After the dead body testing and if the person was not sick with Ebola signs and symptoms, the family can bury their loved one how they normally do. If the person who died had Ebola-like symptoms, the hospital people will bury the body.

### **Involvement of husbands or male partners for a healthy family**

- Men are welcome to attend big belly visits with their big belly. Doing this can help them learn how to support their big belly, how to keep an eye on her health when she is big belly and how to prepare for the upcoming delivery.
- When a woman has big belly she may get tired more quickly so the husband/partner should be willing to help out and be understanding when she is tired.
- Men are welcome to attend after delivery visits with their wife/partner. Doing this can help them learn how to support their wife/partner, how to keep an eye on her and the baby's health, and how to take care of their family.
- If the husband/partner is not able to attend big belly or after delivery visits with their wife/partner they should support her going by making sure she has time to go and talk to her before and after the visits to make sure everything is fine.
- Sometimes women are too shy to talk about sensitive topics like man-woman business, STIs, HIV and family planning so it is good for the man to start conversations about these things too.
- It is important for men to be involved in making decisions about family planning since raising a healthy and happy family is the responsibility of both partners.
- After a woman has started using a family planning method, a man should support their wife/partner by asking if she is feeling well and reminding her to continue using the method.
- It is good for men to help with household work and raising the children. This shows that the man cares about his family and will make more time for the family to spend together.

### **For Women with HIV**

#### **Mother-to-child transmission**

- All big belly women and their spouse/partners should get tested for HIV together. If HIV positive, it is important to follow the instructions from a health worker for taking medicine to stop the baby from getting HIV from the mother.

- If a mother has HIV, her baby can become infected with HIV when she has big belly, during delivery and through taytay water. So it is important for a big belly woman with HIV to see a health worker before delivery to learn how to protect her baby.
- With correct and full treatment of the mother and baby there is only a small small chance of HIV being passed from mother to baby.
- Taking anti-retroviral medicine (ARVs) is the best way to lower the amount of HIV virus in the body and so it is very important for big belly women to carefully follow their health worker's instructions for taking ARVs.
- It is important that a big belly woman with HIV deliver her baby at a clinic or hospital so she can take the necessary medicine before delivery and so the baby can be given medicine quick quick after being born.
- Newborn babies born to mothers with HIV should take ARVs for 4 to 6 weeks after delivery to stop HIV.
- Newborns should be tested for HIV when they are about 6 weeks old, although it may not be possible to know whether a baby is infected with HIV until they are 15-18 months old.

### **Infant Feeding**

- Taytay water contains HIV but there are ways to make it less likely that the baby will get HIV through taytay water.
- The best way to stop HIV from being passed to the baby through taytay water is for the mother and baby to both properly take their ARVs for the whole time the mother is giving their baby taytay water.
- For mothers who have HIV, giving only taytay water for the first 6 months is best. Only taytay water makes it less likely that the baby will get HIV, compared to giving the baby a mix of food and taytay water.
- For mothers who have HIV, after 6 months of giving only taytay water, it is fine to start introducing other foods to the baby along with also giving taytay water.
- Mothers with HIV should continue giving their baby taytay water up to 2 years old.
- For mothers with HIV who have been giving their baby taytay water, the baby should be tested for HIV soon after they are no longer drinking taytay water.