



The Republic of Uganda
Ministry of Health

KEY MESSAGES ON WASH, NUTRITION & IMMUNISATION



unicef 
for every child



WASH

WASH YOUR HANDS WITH SOAP AND STAY HEALTHY

Our hands constantly touch dirt as we work or interact with other people. You and your family members need to wash hands with soap frequently to prevent diseases such as diarrhea.

Wash your hands with soap



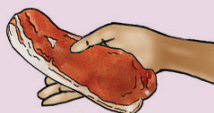
After visiting the toilet or pit latrine.



After cleaning baby's faeces or changing baby's diaper/ napkin



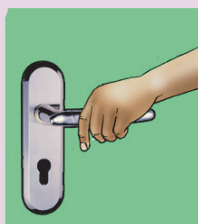
Before preparing, eating and serving food and after eating



After handling blood, raw meat or uncooked eggs



After sneezing, coughing or blowing your nose



After handling surfaces that many people touch such as doorknobs



After shaking hands



After touching/ counting money. Think about how many people touch money.



After touching/ cleaning animals, animal waste or garbage.

HOW TO WASH YOUR HANDS

What you need for hand washing

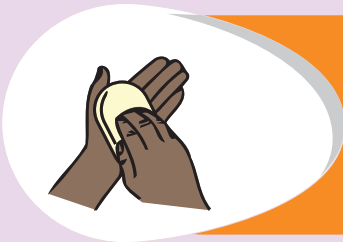
1. Soap or ash
2. Clean running water facility such as tippy tap or water tap placed where everyone can reach. It is better for each home to have more than one hand washing facility: one near the latrine and another near the kitchen.

How to wash hands

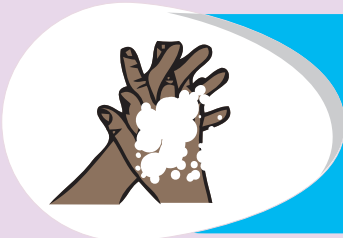
To wash your hands clean, use the steps below:



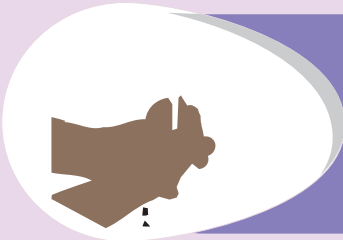
Wet your hands with water.



Put soap or ash on the hands.



Rub the palms, back of hands, between fingers, under finger nails and wrists repeatedly. Give special attention to the area between fingers and under the nails. This is where most dirt is found.



Rinse hands until all the soap or ash is off.

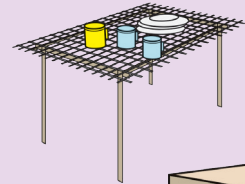
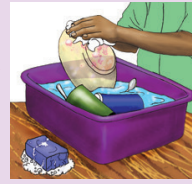


Dry your hands by shaking them dry.
Do not use public towels to dry your hands.

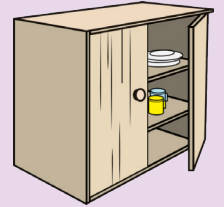
Teach all your family members including children about how and when to wash hands with soap to protect them from diseases such as Diarrhea, Typhoid, Cholera and Dysentery.

Keep utensils clean and stored in clean places

- Wash all utensils with clean water and leave them on a clean dish rack to dry.



- Keep utensils away from flies, rats, and cockroaches.



- Keep utensils away from domestic animals and birds like pigs, chickens, ducks, cats and dogs.



- Keep all food safely stored away

- Eat food while it is still hot.



- Wash your hands with soap before feeding infants and children



- Cover all cooked food including baby's food and drinks like milk, porridge and juices to avoid contaminating the food e.g. Flies cockroaches.



- Wash all fruits and vegetables with clean water before eating to remove dirt and avoid diseases.



- Use a cup and spoon to feed the baby six months and above. Do not use a bottle.

- Drink boiled or treated water.

- Keep water drawing and storage containers clean and covered.



Ensure safe environment

- Keep your home and surrounding environment clean.

- Always use a latrine.

- Always cover your pit latrine after use.

- Throw all faeces including baby's faeces into a pit latrine.

- Keep all water sources free from contamination.

- Avoid keeping animals in the house. Provide a separate area for the animals to stay.

- Make a rubbish pit and throw all the rubbish in the pit.



Key messages on Hygiene

1. All faeces, including those of babies and young children, should be disposed of in latrine. Make sure that all family members use a latrine to dispose of faeces. Where there is no latrine faeces should be buried
2. All family members, including children, need to wash their hands thoroughly with soap or ash and clean water after any contact with faeces, before touching, preparing or serving food, and before feeding children
3. Washing the face and hands with soap and clean water every day helps to prevent eye infections which can lead to trachoma, which can cause blindness.

Five Steps to Keep our Water Safe



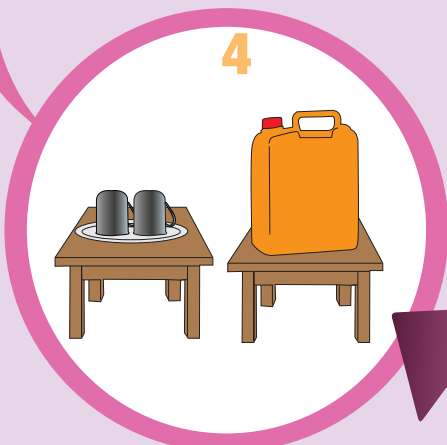
Water sources must be kept clean



Collect water in a clean and safe container



Always cover water while transporting



Always store water in a clean and covered container



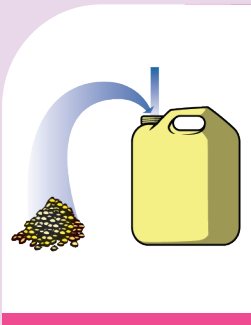
Use a clean glass when drinking water



Make drinking water safe for your family

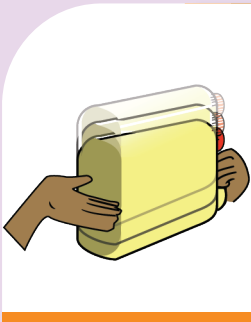
Keep drinking water free from germs that cause diseases such as diarrhea, typhoid, dysentery and cholera. Boil or treat all drinking water. Ensure that the containers for keeping and drawing water are clean. These containers can be jerrycans, pots or buckets with tight covers/ lids.

Washing water containers:



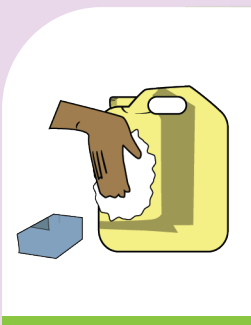
Wash the containers with clean water, soap or ash. You could also use small stones or sand instead of ash.

1



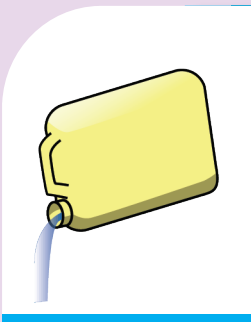
Cover the container tightly and shake it hard to remove all that may have got stuck inside.

2



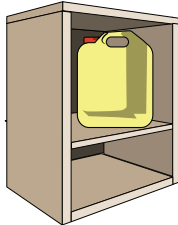
Scrub the outside of the container with soap and water. Thereafter wash it again several times with clean water.

3



Rinse the container thoroughly with clean water until there is no dirt, soap, ash, sand or stones left inside.

4



Cover the container and keep it away from dirt until when you need to use it.

5

Treat drinking water:

- Drinking water can also be made safe by purifying it with chlorine tablets such as aqua safe or water guard. One tablet can be used to treat 10 - 20 litres of water. Follow instructions on the packet by putting the purifying tablet into the water and then it will be safe for drinking.
- If the water is dirty, leave it for some time so that the dirt settles at the bottom of the container. Clean this water by filtering as follows:
 - Get a clean cloth and clean container such as a bucket and place the cloth on top of the container.
 - Get the settled water and carefully pour it through the cloth into the clean container. Make sure the settled dirt does not pour out.
 - After pouring the water through the cloth, boil or treat it.
 - To filter the water, work with someone else who can help you hold the cloth in place as you pour water over it.
 - Wash your hands with soap before starting to filter the water.

How to boil drinking water:



- Use a cup with a long handle to get water from the container if it cannot be easily poured out.
- Do not use the same cup for drinking water.
- Keep this cup clean. Keep it safely covered or hang on a nail on the wall.

Avoid using the following containers to store safe water:



Containers that cannot be covered tightly.

Containers that can break such as glass bottles.

Containers that have been used to store poisonous substances (including old bleach containers like JIK).

Plastic or cardboard bottles, jugs, and containers used for milk or fruit juices.

For proper water storage:



Keep drinking water in a clean container with a cover or lid and store in a safe place.

Store water containers away from poisonous substances.



Make a tippy tap for your home

A tippy tap promotes good hygiene. It also makes hand washing easy. A tippy tap is a hand washing device that allows you to wash hands clean with running water. It is easy and cheap to make.

To make a tippy tap you need:



A five or three litre jerrycan



Ropes or string



Two 5 ft (150cm) sticks with V-shaped ends



4ft sticks (120cm) 1ft sticks (30cm)

Use the steps below to construct a tippy tap:

1



Find a place where to put the washing facility. This should be near latrine or kitchen.

2



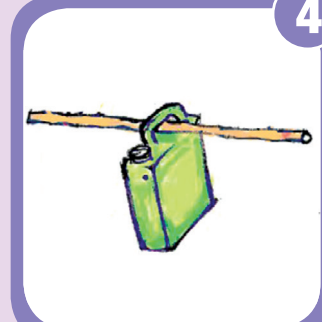
Dig two holes 3ft (90cm) apart in the ground for fixing the 5ft long sticks.

3

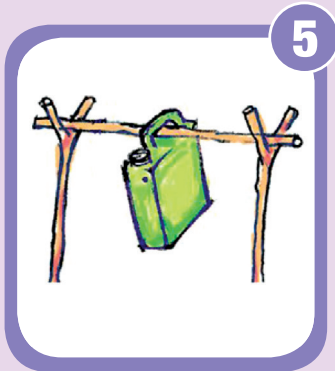


In each of the holes, place the 5ft stick. The sticks should face each other.

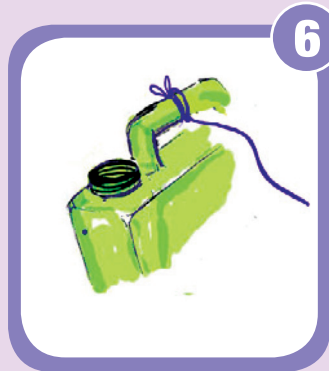
4



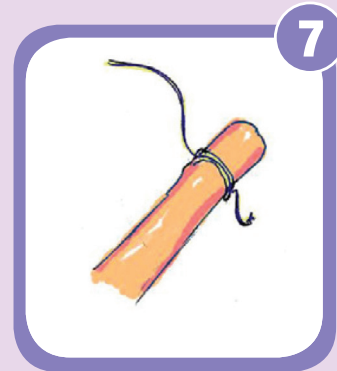
Put 4 feet long stick through the jerrycan handle.



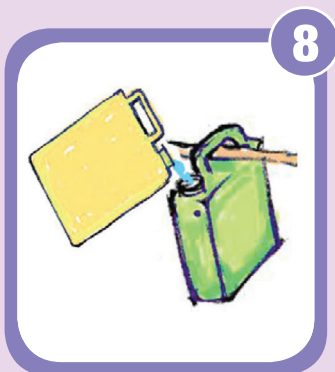
Place the stick between the two sticks.



Tie the rope on the top handle of the jerrycan.



At the rope end, tie the 1ft Stick. Use the stick as a handle to get water.



Fill the jerrycan with clean water.



The tippy tap is all set for hand washing. Step on the 1 feet stick to tilt the jerrycan and have water flow.

To achieve good results take note of the following:

1. Add water in the jerrycan regularly to ensure it has water throughout the day.
2. Always clean the jerrycan to prevent dirt.
3. Wash your hands with soap or ash and clean water
4. Get a container with soap or ash placed/ hanged near the tippy tap.
5. You could also get a piece of soap and make a hole in it. Place a string through the hole and tie the string on the tippy tap stick.



NUTRITION





Did you know that babies between 0 - 6 months need to be fed on **ONLY BREAST MILK**?

Breast milk is the best food for babies who are 0 - 6 months old. It has all the food values a baby needs to grow well and healthy. Water, glucose, gripe water, herbs or tinned milk can make the baby get diseases like diarrhea which can lead death.

Benefits of giving only breast milk:

1. Breast milk has all food values for the baby.
2. It is free.
3. It is clean.
4. It is always there for the baby.
5. It has food and water to satisfy the baby for the first six months.
6. It takes away thirst.
7. It protects baby from diseases.
8. It makes mother and baby bond and strengthens their relationship.

Note: Mothers need to breastfeed their babies even when they think their breast milk is not enough or it is not there at all. The more a mother breastfeeds, the more breast milk is made.

When to start breastfeeding?

Mothers need to start breastfeeding the baby within the first hour after birth. Continue to breastfeed until the baby is six months old. Baby should be breast-fed day and night for as many times as the baby needs.



How to breast feed

Both mother and baby need to be relaxed to breastfeed well.

1

The mother should sit in a comfortable upright position and place the baby on her laps.



2

She should hold the baby close to her and using her hand and thumb, direct the breast towards the baby's mouth.

3

Press the dark part of the breast to prevent the breast from blocking baby's nose.



Signs that baby is well attached to breast:

1. Mouth is wide open.
2. Chin is touching the breast.
3. More of the dark part of the breast is showing above than below the nipple.
4. Baby's lower lip is turned out.

Signs that baby is getting enough milk:

1. Baby urinates many times during the day and at night.
2. Urine has water-like colour.
3. Urine does not have strong smell.
4. Baby is growing bigger and looking healthy.

NOTE: Breast-feeding mothers should eat more meals and snacks in order to produce enough breast milk.



Food for 6 to 24 months old children

At six months, parents and other care givers like you need to start giving the baby other nutritious drinks and foods. But mothers must continue breast feeding the baby. This helps the child to grow well and start standing and walking at the right age.

How to feed a 6 -24 months old child:

Between six and nine months the baby should be breastfed first and then given other nutritious soft foods.

The child should be started on soft foods and fruits.

The child should be given at least three small main meals and three snacks in between meals daily.

Ensure the baby has enough food for his or her small size.

Meal should be made from a mixture of different foods mashed together.

Feed the child on different foods at each meal every day.

Prepare porridge from maize, millet and sorghum flour.



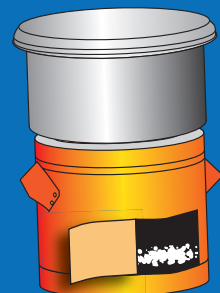
Food nutrients need to be improved by adding:

- Little sugar and oil/ blue band margarine/ butter in porridge or mashed foods.
- A spoonful of groundnut paste in baby porridge and mashed food.
- A spoonful of mashed avocado into the baby food.
- A spoonful of mukene flour.
- A spoonful of mashed beans, milled beans, chickpeas, milled pumpkin, or greens.
- Give molted porridge from fermented cereals (ferment or germinate millet, sorghum or maize seeds before milling into flour).



Food preparation

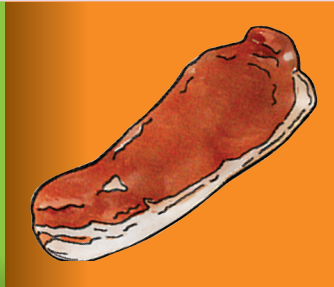
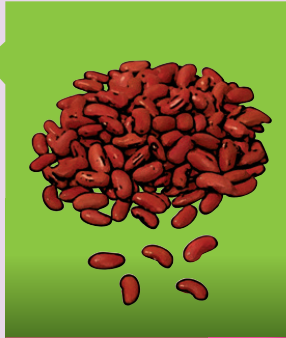
- Anyone preparing the food must maintain good hygiene while preparing food especially for young children, to prevent diseases like worms and diarrhea.
- Wash hands with soap or ash before preparing and serving food.
- Wash hands with soap or ash before feeding infants and children.
- Cover the food when cooking to avoid contamination.
- Serve the food on a clean plate and drinks in clean cups.
- Keep the food in a clean and covered container.



How to prepare a meal from beans, meat and matooke mixture.

Ingredients:

1 palm of
dry beans or
peas(90 g)



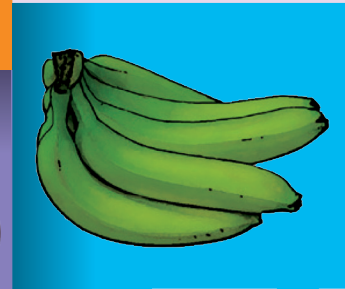
1 fist of
meat
(60 g)



1/2
mug of water
(250 ml)



1 pinch of salt



3 fingers of
matooke
(300-500 g)

METHOD

1. Measure the dry beans and soak overnight or for about 6 hours. Remove the skins and wash them. The skinned beans having expanded, now becomes 2 palmful.
2. Cut the meat, mix it in a container with clean boiled water, cool and dry to separate particles from meat.
3. Peel the matooke, cut them into small pieces and wash them.
4. Mix the skinned beans, cut meat, pieces of matoke, water and salt in a clean saucepan. Cover and steam for 3 hours. When the food is ready, mash it.
5. Feed the child when food is still hot.

Note: Irish potatoes, sweet potatoes, cassava, yams can be prepared the same way as matooke. Dry peas can be prepared the same way as dry beans.



IMMUNISATION

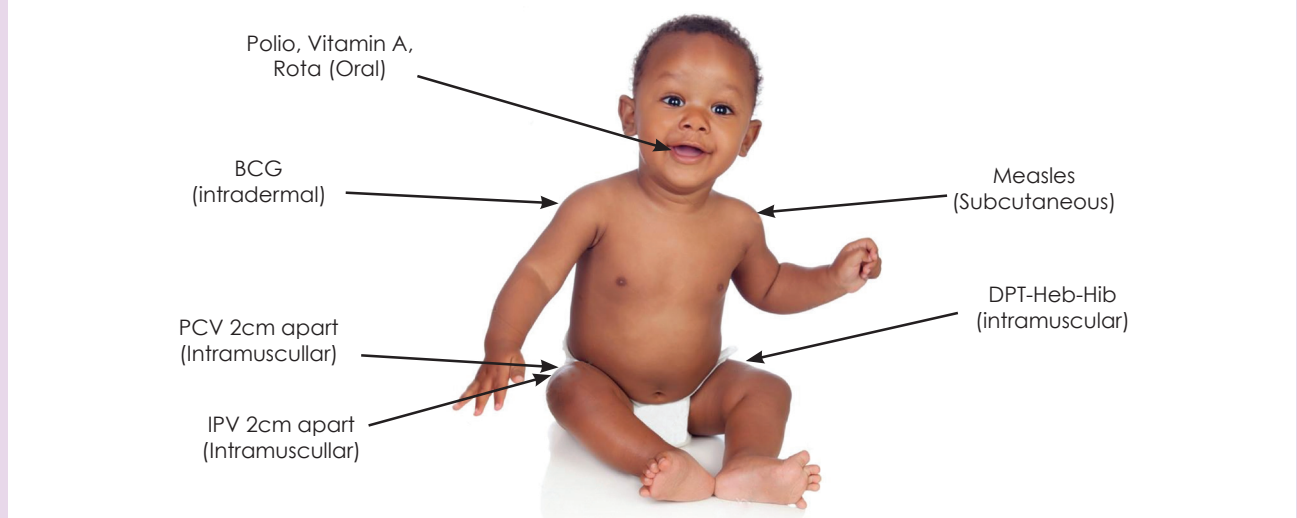




ROUTINE IMMUNISATION SCHEDULE FOR UGANDA

CONTACT	AGE OF CHILD	VACCINE	DISEASE PREVENTED	HOW AND WHERE VACCINATION IS GIVEN
1st	AT BIRTH	Polio 0	Polio	2 Drops in the mouth
		BCG	Tuberculosis	Injection on the right upper arm
2nd	AT 6 WEEKS (ONE AND HALF MONTHS)	Polio 1	Polio	2 Drops in the mouth
		ROTA Virus Vaccine 1	Diarrhea	Slow release into the Mouth (Baby sucks)
		Pneumococcal Conjugate Vaccine 10 (PCV1)	Meningitis and Pneumonia (caused by streptococcal Pneumoniae)	Injection on the right thigh
		DPT-Hep B-Hib 1	Diphtheria, Whooping cough, Tetanus, Hepatitis B, Haemophilus influenza type b illnesses	Injection on the left thigh
3rd	AT 10 WEEKS (TWO & HALF MONTHS)	Polio 2	Polio	2 Drops in the mouth
		ROTA Vaccine 2	Diarrhea (caused by Rota virus)	Slow release into the Mouth (Baby sucks)
		Pneumococcal Conjugate Vaccine 10 (PCV 2)	Meningitis and Pneumonia (caused by streptococcal Pneumoniae)	Injection on the right thigh
		DPT-HepB-Hib 2	Diphtheria, Whooping cough, Tetanus, Hepatitis B, Haemophilus influenza type b illnesses	Injection on the left thigh
4th	AT 14 WEEKS (THREE AND HALF MONTHS)	Polio 3	Polio	2 Drops in the mouth
		Injectable Polio Vaccine (IPV)	Polio	Injection on the right thigh
		Pneumococcal Conjugate Vaccine 10 (PCV 3)	Meningitis and Pneumonia (caused by streptococcal Pneumoniae)	Injection on the right thigh
		DPT-HepB-Hib 3	Diphtheria, Whooping cough, Tetanus, Hepatitis B, Haemophilus influenza type b illnesses	Injection on left thigh
5th	AT 9 MONTHS	Measles Vaccine	Measles	Injection on the Left arm
	At 6 months and every 6 months until child is 5 years	Vitamin A Supplement	Prevent blindness and strengthen resistance against other diseases	Drops in the mouth

EPI Vaccines and Route of Administration



Key messages on immunisation

1. Immunisation is urgent. Every child should complete the recommended series of immunisations. Early protection is critical; **the immunisations in the first year and into the second year are especially important**. All parents/caregivers should follow the advice of a trained health worker on when to complete the required immunisations
2. Immunisation protects against several dangerous diseases including Measles and Polio. A child who is not immunised is more likely to become sick, permanently disabled or undernourished, and could possibly die
3. It is safe to immunise a child who has a minor illness or a disability or is malnourished
4. All pregnant women and their new-borns need to be protected against tetanus. Even if a woman was immunised earlier, she needs to check with a trained health worker for advice on tetanus toxoid immunisation
5. Disease can spread quickly when people are crowded together. All children living in congested conditions, particularly in refugee or disaster situations, should be immunised immediately, especially against measles.

