

6. Keep the young infant healthy by :

- Keeping warm
 - wrap in dry, warm, clean clothing and close to the mother's body
- Always observing good hygiene
 - wash hands before handling the young infant
 - clean young infant daily
 - clean yourself daily
 - use clean cup and spoon (if used to give breast milk to newborn)
- Maintaining exclusive breast-feeding for 6 months
- Cleaning the cord with warm water and apply a disinfectant called Chlorhexidine once daily
- Ensuring young infant is immunized
- Keeping the young infant's room clean, airy and well-lit
- Mother should eat a balanced diet and drink plenty of fluids
- Testing for HIV when pregnant and when breastfeeding
- Testing for syphilis when pregnant



Keep baby warm



Wash hands



Breastfeed exclusively

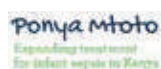
7. Preparedness plan incase young infant falls sick:

- Know the symptoms of sick young infant
- Know the nearest facility to visit
- Have the contacts of the
 - nearest health facility
 - community health provider
- Have a transport plan in mind
 - Set aside transport money
 - Identify a reliable transport provider

NB: Images used in this pamphlet have been obtained from open sources, re-created and copied from the draft Ministry of health, community based maternal and newborn care manual Kenya (2018)

For queries related to the content contact:
Health Provider at nearest health facility

Neonatal, Child & Adolescent Health Unit (NCAHU) or Child health focal person at the county



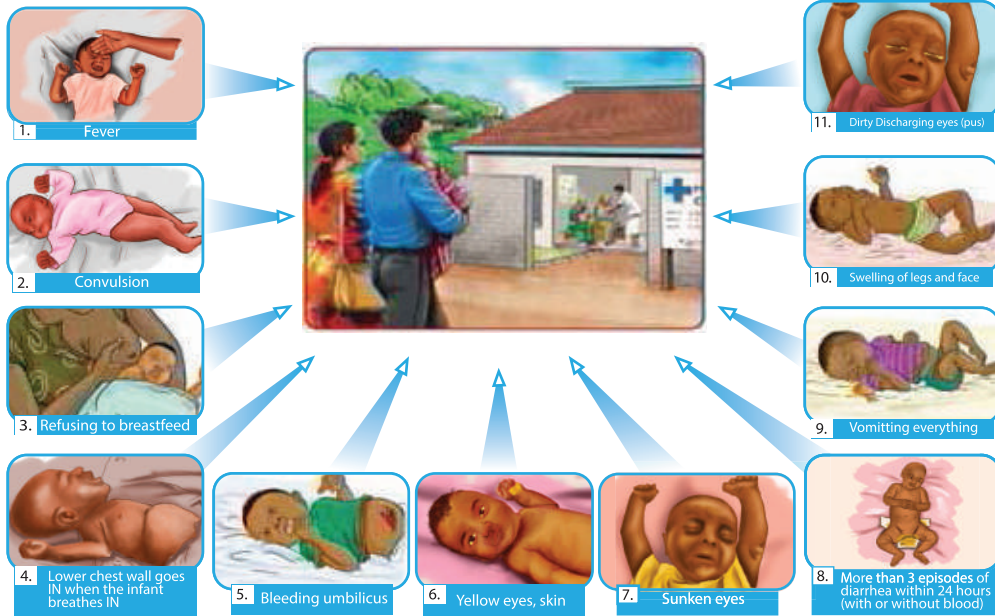
Keeping Young Infants Healthy

What needs to be known about sick young infants aged 0-2 months

Pamphlet for Mothers and Caregivers



1. The following signs tell that a young infant has a serious illness:



If any of these are present, immediately take the sick young infant to a health facility

2. Common reasons why young infants fall sick:

- Germs from people and dirty surroundings
 - Failing to observe hygiene (unwashed hands, unclean breast)
 - Exposing umbilical cord to dirty razor, string, grass, ash, dung, soot
 - Cutting baby's skin and applying herbs or other traditional treatment
- Exposing the young infant to cold
- Complications during childbirth
- Some birth defects or abnormalities
- Delaying breastfeeding
- Giving other foods
- Missing immunization
- Delivery outside a health facility
- Delivery by unskilled persons

3. The following can worsen the condition of the sick young infant:

- Delay in seeking treatment
- Giving un-prescribed medicine
- Cultural practices and rituals

4. Your young infant **CAN NOT** fall sick due to:

- Naming the young infant
- Witchcraft and sorcery
- Religious beliefs
- Superstitions:
 - Bird (owl) disease
 - Bad omen
 - Evil eye



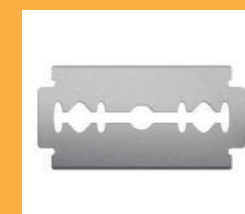
Witchcraft and Owls cannot make your baby sick

5. After the health provider has seen the sick young infant, you should:

- Strictly follow the treatment plan as advised by the health provider
- Take the sick young infant to the next health facility if referred by health provider
- Return the young infant to the health facility as advised by the health provider



Dirty home environment



Cutting cord with dirty razor



Exposing baby to cold will make your baby sick

Common reasons why young infants fall sick