

4. A4 Factsheet for Community Leaders

Every mother and father in Tanzania wants their child to grow up healthy and strong. Unfortunately too many children in Tanzania suffer repeated illnesses and do not grow well. Tragically, many children die before they even reach their fifth birthday.

Why are vitamin A supplements important?

Vitamin A supplements save children's lives by protecting them from dangerous illnesses, including malaria, diarrhea and measles. It also protects their eyes from blindness. Children who do not receive vitamin A supplements are more likely to suffer serious illness, blindness and die.

What do parents and caretakers need to know?

Every parent/caretaker of young children needs to know how important vitamin A supplements are for the health and survival of their children. They must know when the vitamin A supplementation takes place so that they take their child to get a vitamin A supplement every six months.

Who needs vitamin A supplements?

Every child aged between 6 months and 5 years needs a vitamin A supplement twice a year. Vitamin A supplements are given to children twice a year in June and December. During vitamin A supplementation, children aged 1-5 years also receive a deworming tablet.

What is the duty of community leadership?

It is essential that the community leadership recognizes the importance of vitamin A supplementation for saving children's lives. The community leadership must ensure that every parent/care-taker is informed of the benefits of Vitamin A Supplementation as well they must know when the vitamin A supplementation takes place so that they take their child to get a vitamin A supplement every six months.