

Federal Democratic Republic of Ethiopia
Ministry of Health

Family Health Card



Key Actions to Improving Family Health

Purpose of the Family Health Card



The Family Health Card

- ✦ Enables parents to recognize useful health actions.
- ✦ Enables pregnant mothers to implement these health actions to take care of themselves and their children's health.
- ✦ Enables parents and health workers to keep track of children's growth.

Health workers:

- ✦ Give the Family Health Card to all the families, so that they can practice each of the actions which will ensure a healthy lifestyle.

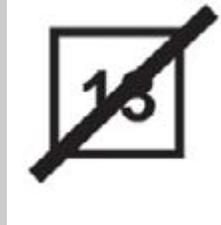
Parents:

- ✦ Keep the Family Health Card at home and use it frequently.

How to Use the Family Health Card

Regarding messages included in the Family Health Card:

1. When the family has understood a particular message in the Family Health Card, put one stroke over that particular message number.



2. When the family starts applying the actions that were delivered in a previous message, add another stroke over that particular message number



Parents' Pledge



We the parents will apply the actions identified in this Family Health Card to ensure our children's and family's health. We will put all our efforts into having a family filled with love.

Father's Signature

Mother's Signature

Look After a Pregnant Mother's Health
to Ensure that She Has a Healthy Child



No Mother Should Die While Giving
Birth

During Pregnancy

Once a mother finds out that she is pregnant, she must take the following actions to make sure that both she and her fetus are healthy.

- 1 Pregnant mother: visit a health facility at least 4 times for antenatal care.

This will enable you to prevent pregnancy related problems that could arise.



- 2 Pregnant mother: take a Tetanus Toxioid (TT) vaccine.

This will enable you to protect yourself and your child against Tetanus infection (a deadly disease).



- 3 Pregnant mother: take Iron supplementation.

This will ensure that you and your child are safe and protected from anemia.



During Pregnancy

- 4 Husband and family: make sure the pregnant mother has one additional meal every day and that she takes ample rest.

This will help her gain strength and allow her to maintain her health as well as that of her future child's.



- 5 Family: make sure that the pregnant woman sleeps under a bed net.

This will help to protect her and her unborn child from malaria.



- 6 Pregnant mother and husband: both of you should get tested for HIV.

This will ensure that you are healthy and your unborn child is free from the virus.



Dangerous Signs

7 Pregnant mother and family: if you see any of the following danger signs during pregnancy, take the pregnant mother to the nearest health facility immediately.

If she is unconscious or has convulsions



If she has severe headache and/or blurry vision



If she has vaginal bleeding



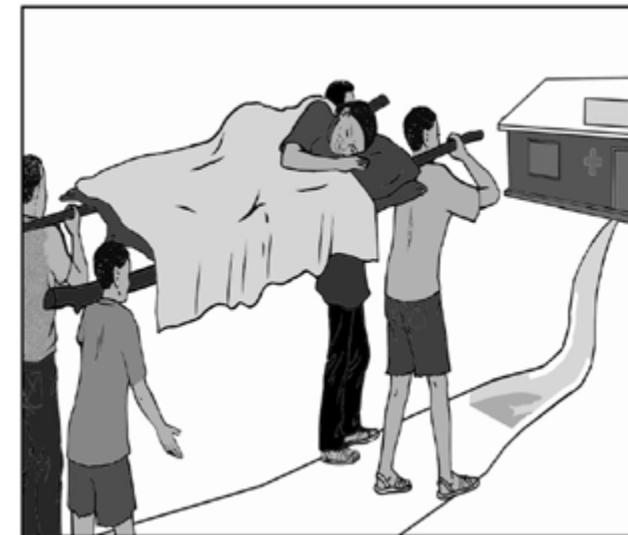
If her feet and hands are swollen



If she has fever



During Pregnancy



Preparation

- 8 Pregnant mother and family: prepare the following material ahead of the time of delivery in order to protect both mother and newborn from being exposed to any infections.



- ✦ Soap and water for washing of hands
- ✦ New blade to cut the umbilical cord and sterilized thread to tie the cord
- ✦ Clean cloth to wipe and wrap the baby
- ✦ A clean space and a carpet or mat

- 9 Father: make sure to set aside a certain amount of money and also arrange for transportation and people to help you take your pregnant wife to a higher health facility in case any complications arise during your wife's labor.



for Birth

- 10 Pregnant mother and family: make sure the pregnant mother delivers at a health facility with assistance from a trained health professional.



If this is not possible, she must at least get assistance from a health extension worker.

This will ensure that both the mother and child are not at risk of losing their lives.

- 11 Pregnant mother and family: make sure there is someone other than the midwife who will take the newborn and care for him.

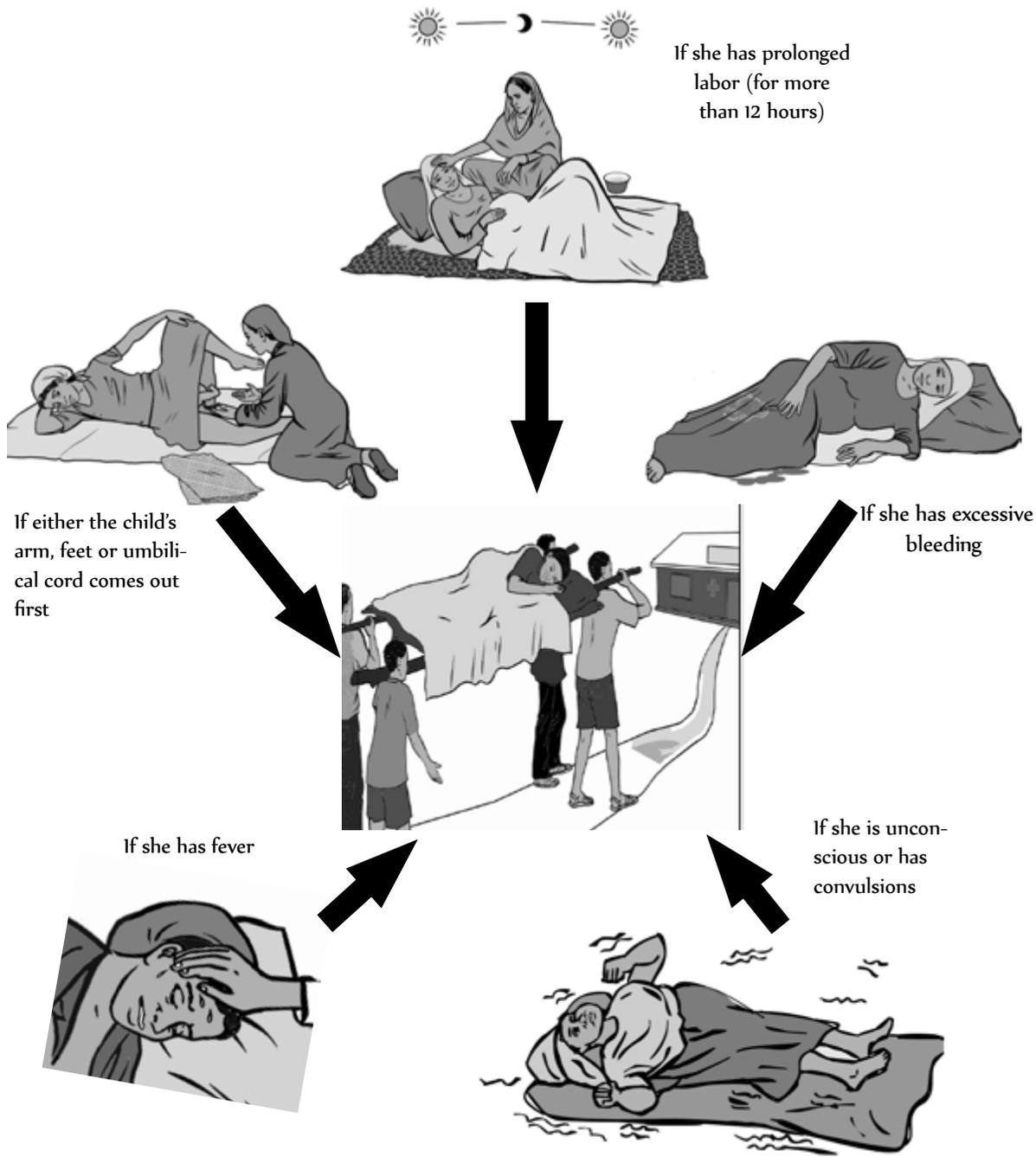


- 12 Pregnant mother and family: if the mother happens to give birth without the assistance of a professional midwife, make sure to immediately report to a health extension worker, so that she can be provided with the proper postnatal care.



Dangerous Signs during Labor

- 13 If you see any of the following danger signs during labor, take the pregnant mother to a higher health facility immediately. This will help save both the mother and child's life.



In order to ensure that your child grows up to accomplish all that you wish for her/him, it is up to you, the parents, to make sure that your child grows up to be strong and healthy.



Newborn Care

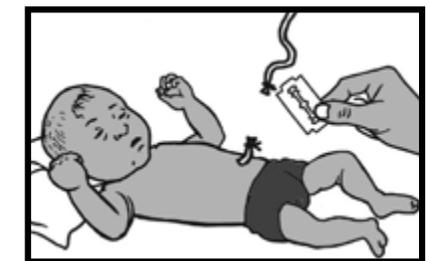
Parents or caregivers: as soon as the baby is born, make sure you take the following actions to protect the newborn from any type of illness and/or death.

- 14 Thoroughly wash your hands using water and soap before touching the newborn baby.

This will protect the newborn from being exposed to any infections.



- 15 Make sure to cut the umbilical cord with a new blade and then tie it with a sterilized thread.



- 16 Wipe the newborn down with a dry clean cloth and wrap her/him in another clean cloth; put a hat and a pair of socks on her/him, so that s/he does not get cold; and hold the newborn close to your body.



Newborn

- 17 Mother: put your child on the breast immediately after birth, even before the placenta is expelled.

This will help to stimulate your production of milk and your child to grow healthy.



- 18 Mother: feed the first milk or colostrum to your child. This will help to protect your child from illnesses.

This will help your child to retain her/his body heat and remain healthy.



- 19 Mother: do not wash the newborn for at least one day after her/his birth.

Care

- 20 Mother and family: do not apply butter, cow's dung or any other grease to the umbilical cord.

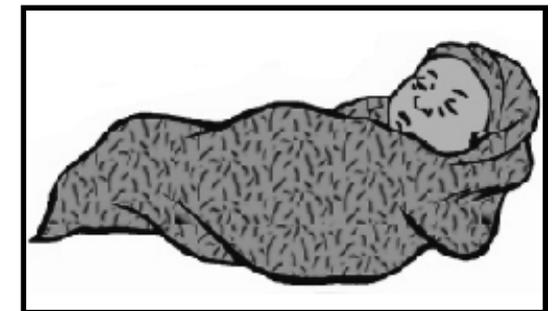
This will protect your child from Tetanus and other illnesses.



- 21 Mother and family: make sure the umbilical cord is not bleeding. If the thread is loose, make sure to tie it back and immediately take the newborn to a health facility.

- 22 Mother and family: if your baby is underweight and/or born prematurely, s/he will need special care.

Take your child to the nearest health facility, while making sure s/he is kept warm and breastfed frequently the entire time.



- 23 Mother: exclusively breastfeed your child for up to 6 months, so that s/he grows up to be healthy and strong.

Do not even give your baby water during the first 6 months



- 24 Mother: make sure you receive postnatal care from a health extension worker on the 1st day that your baby is born, as well as on the 3rd and 7th days and the 6th week after giving birth.



Danger Signs at Neonatal Stage

25 If you see any of the following danger signs on a newborn, take the child to the nearest health facility immediately.

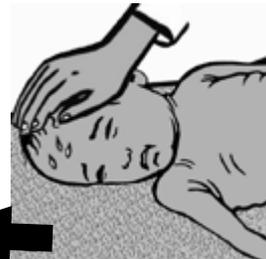
If the child refuses to breastfeed.



If the child is having convulsions.



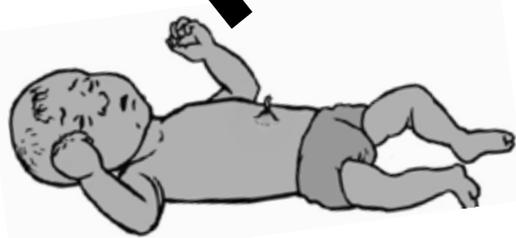
If the child has difficulty breathing, is gasping for air or breathing fast.



If the child has a very high or low body temperature



If the child is weak or unconscious (unresponsive to the touch)



If the umbilical cord is bleeding, inflamed or has pus (a yellowish discharge)

Postnatal Danger Signs

26 If you see any of the following symptoms on the mother, after she has given birth, take her to a health facility immediately. You will be helping to save her life by doing so.



If she has convulsions or is unconscious



If she has a fever



If she has a severe headache and blurry vision



If she has severe bleeding



If she has bad/foul smelling vaginal discharge

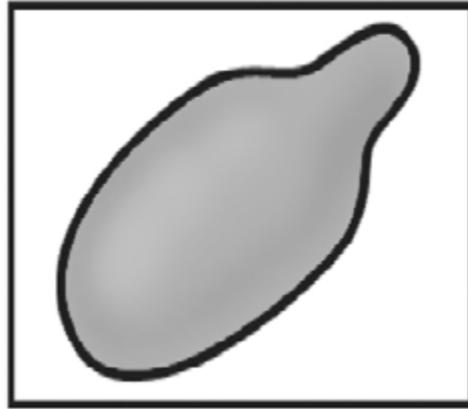


Just as a seed needs water and fertilizer to become a full grown plant, so does a child need the proper nutrition and care to grow healthy and strong.



From Birth to 6 Months

- 27 Mother: take Vitamin A supplements within 45 days of delivery. This will allow your child to be strong and healthy.



- 28 Father: ensure that your wife consumes a variety of meals and an additional two extra meals a day so she can regain her health and strength quickly.



- 29 Mother: exclusively breastfeed your child for the first 6 months. Do not even give her/him water.

Your child will hence grow up healthy.



From Birth to 6 Months

- 30 Mother: breastfeed your child whenever s/he wants to be breastfed.

Breastfeed your child at least 10 times within a day (i.e. both during the day and night). This will help your child to grow strong.



Immunization

- 31 Mother/ Father: have your child finish her/his 5 series of immunization before s/he turns one year old, and receive the Immunization Diploma.

Immunizations protect your child from infections that cause disabilities and death.

Remember that the following are the schedules for the series of immunizations:

- * immediately after birth
- * 6 weeks after birth
- * 10 weeks after birth
- * 14 weeks after birth, and
- * 9 months after birth



Vitamin D and A

- 32 Parents: expose your child to some sunlight for at least 20 to 30 minutes every day.

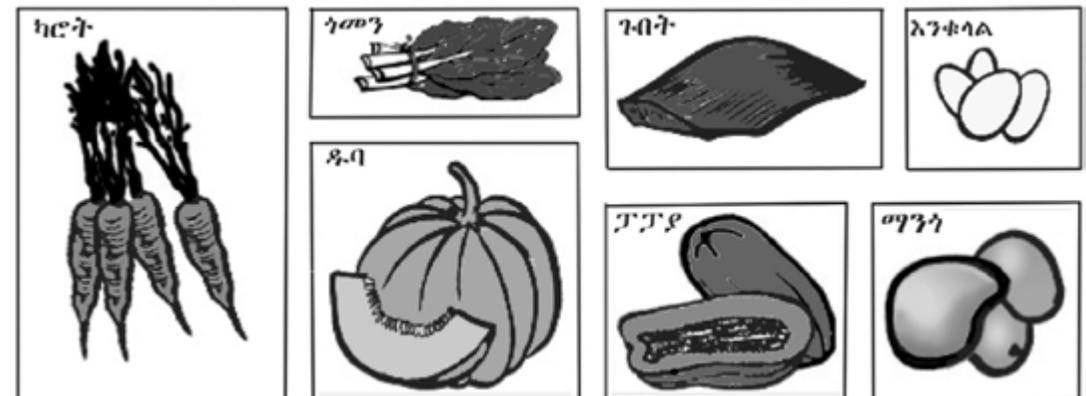
This will ensure that s/he has healthy and strong bones.

- 33 Parents: when your child is 6 months old, ensure that s/he takes vitamin A supplements so that s/he becomes strong.

Make sure that your child continues to take these supplements every six months until the age of 5.



- 34 Father: ensure that your wife takes different food types, such as: fruit, vegetables, liver and eggs to protect her and your child's health.



From 6 to 11 Months

- 35 Mother/Father: when your child reaches the age of 6 months, introduce her/him to complementary food, such as soft porridge.

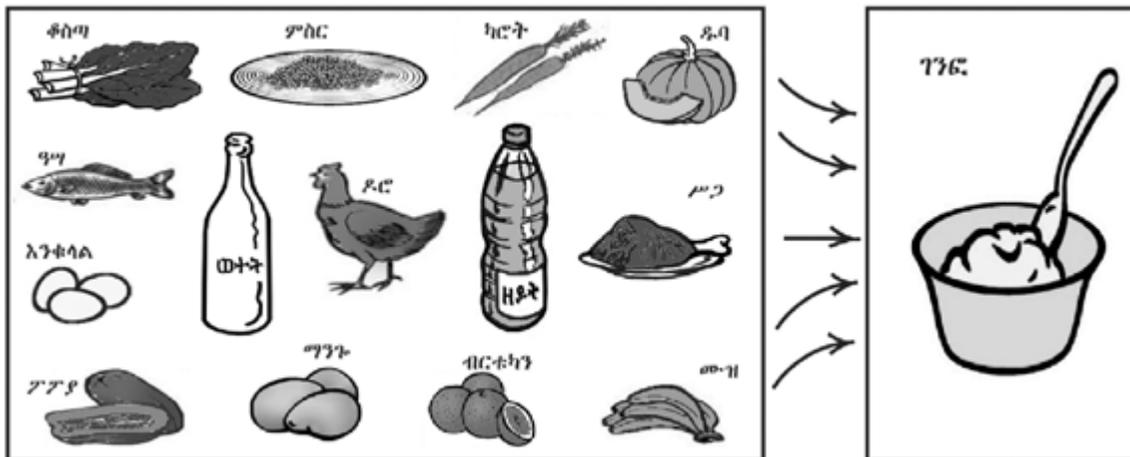
This will help your child grow healthy and strong.



- 36 Mother: continue to breastfeed your child on demand at least 8 times within a day (i.e. both during the day and night) until the age of 2 and beyond. This will help maintain your child's strength.



- 37 Mother/Father: in order to enrich your child's porridge, add 2 to 3 handfuls of different types of grains and one handful of cereal. In order to enrich the porridge further, add minced vegetables, meat/eggs, milk, fruit and a small amount of cooking oil or butter.



From 6 to 11 Months

- 38 Mother/Father: feed your child a coffee cup worth of complementary food during each meal time (3 times a day). In addition, feed her/him snacks two times during the day between meals.



From 12 to 23 Months

- 39** Mother/Father: when your child reaches between the age of 12 to 23 months, feed her/him a coffee cup worth of food from the family meal during each meal time (at least 3 to 4 times a day). In addition, feed your child snacks 1 to 2 times each day between meals. This will make your child healthy and strong.



- 40** Mother/Father: increase the amount of food you give your child as s/he grows older, while simultaneously continuing to breastfeed her/him.

This will help your child get enough energy for her/his body.



Additional Care Giving Actions

- 41** Mother/Father: use iodized salt in the food that you prepare. This will help your child to develop her/his intellectual thinking.

It is important to add the iodized salt after you are finished cooking. This way the iodine will not be lost with the cooking temperature.



- 42** Mother/Father: have your child de-wormed every 6 months between the ages of 2 to 5 years. This will help to get rid of any intestinal worms that hinder her/his proper growth and health.

- 43** Mother/Father: always play with your child. Talk to her/him and tell her/him stories. Reward her/him for the good things that s/he does.

Express your feelings by kissing and hugging your child. This will help her/him to grow up to be active and smart.



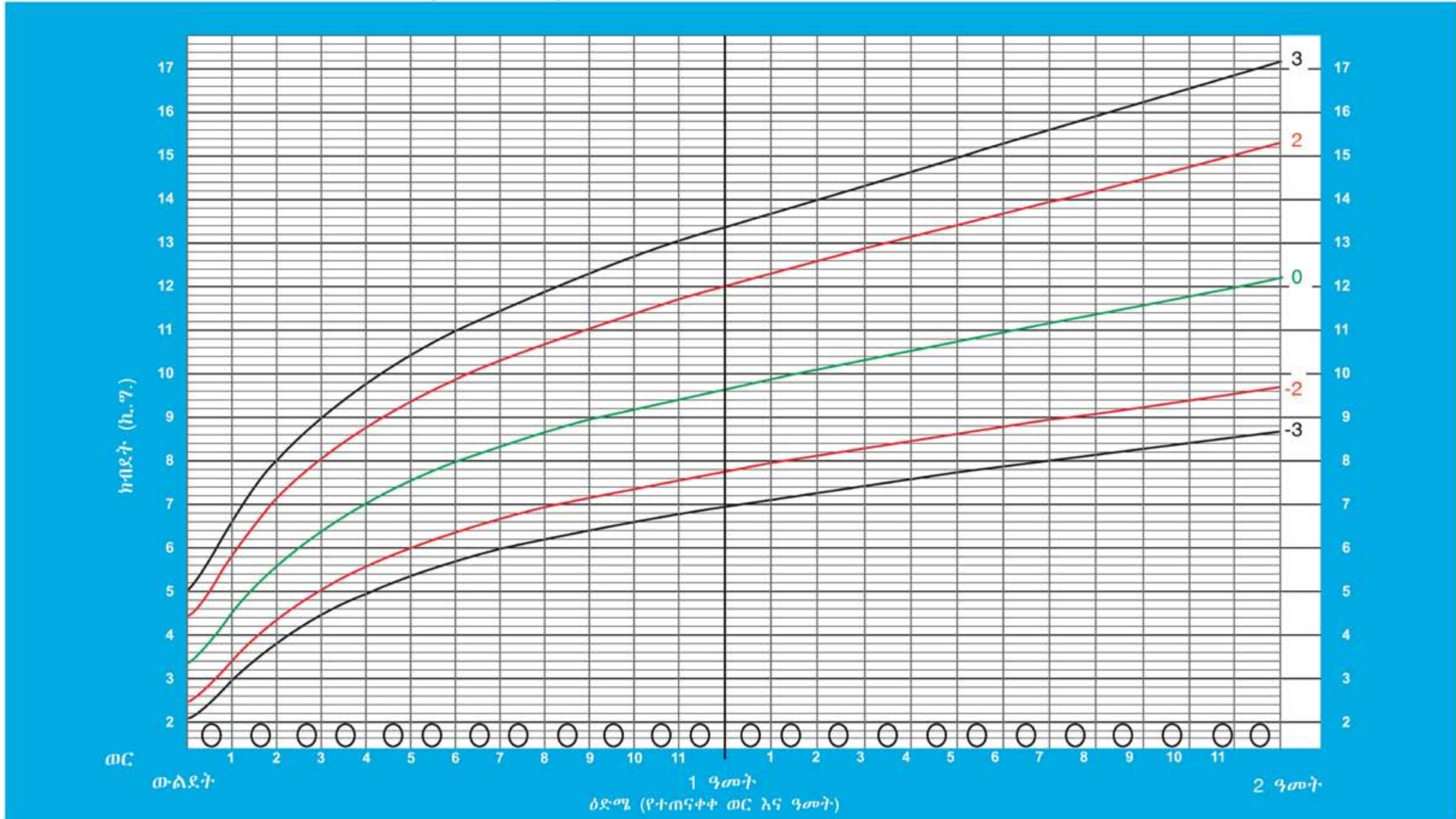
- 44** Mother/Father: to make sure that your child continues to grow healthy both mentally and physically, keep track of the different stages of her/his growth every month until s/he becomes two years old.

If you notice that your child's growth is below the normal rate on the Child Growth Standard Chart, consult the health extension worker about how you can take better care of your child.



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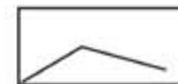
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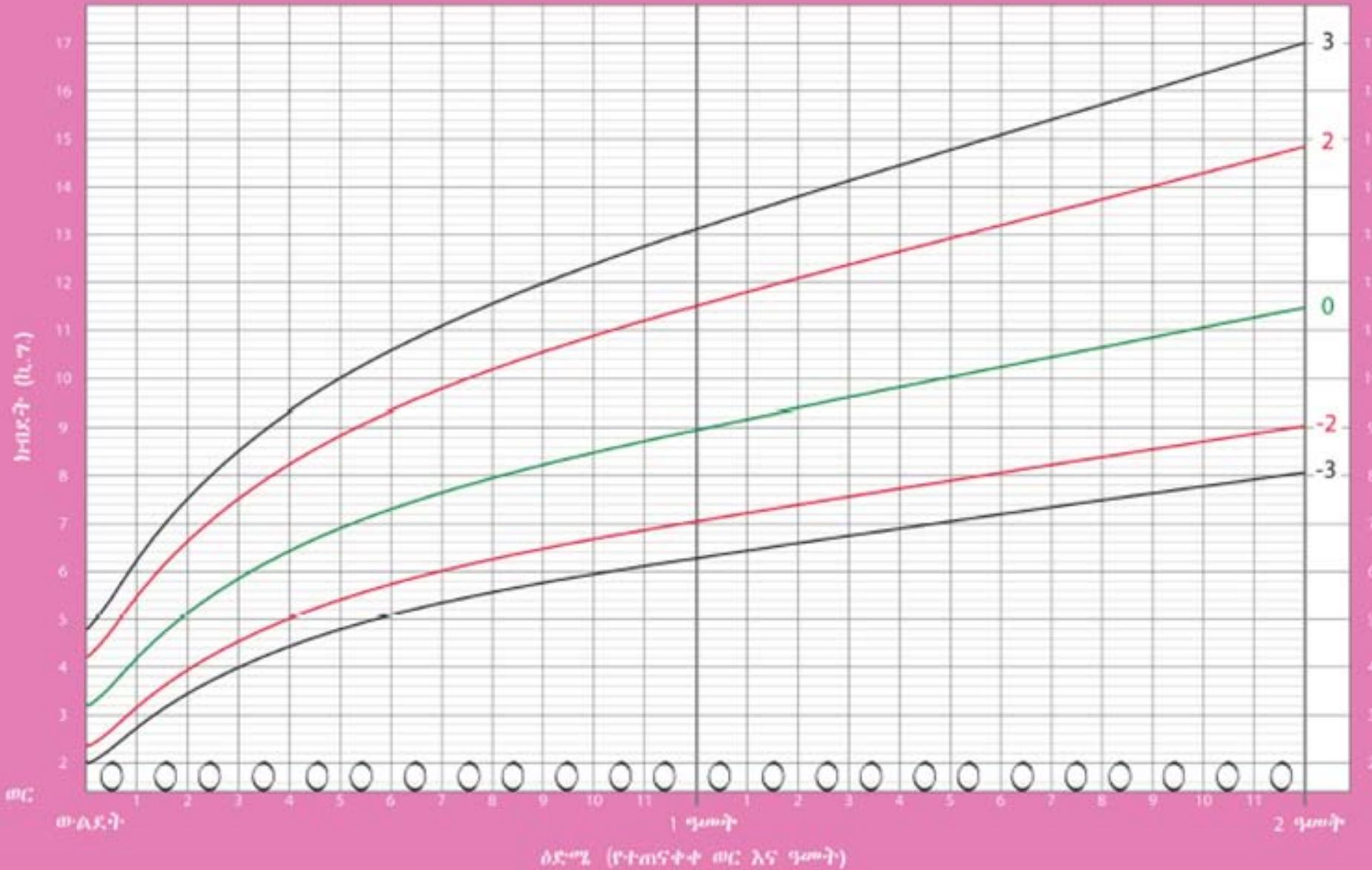


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COMMUNITY BASED NUTRITION



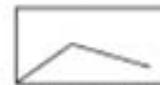
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When a Child is Sick

When a child is younger than 6 months

45 Mother: when your child falls ill, increase the frequency of breastfeeding to help your child quickly regain her/his weight and health.

Even when s/he starts to feel better, continue to breastfeed her/him more frequently.

It will help your child regain her/his strength faster.



When a child is older than 6 months

46 Mother: when your child falls ill, offer her/him extra food in addition to breastfeeding. This will help your child to recover faster.

Even when your child starts to recover from her/his illness, continue to give her/him additional meals each day for another 2 weeks.



When a Child has Diarrhea

47 Mother/Father: continue to breastfeed your child if s/he has diarrhea. In addition, give her/him as much fluid as possible of the following to replace the fluid lost due to the diarrhea:

- ✦ ORS
- ✦ gruel
- ✦ rice water
- ✦ clean and boiled drinking water



48 Mother/Father: if you see any of the following signs, take your child to a health facility immediately.



1. If s/he has bloody diarrhea



2. If s/he refuses to eat or drink



If you see any of the following danger signs, take your child to the health facility immediately.

If s/he is vomits everything out



If s/he refuses to eat or drink anything



If s/he has seizures or convulsions



If s/he is unconscious or is weak



If s/he has a fever



If s/he has cough or breathes fast



Family Planning

- 50 Mother/Father: space your children's birth by at least 3 to 5 years to ensure your family's health.



- 51 Parents: you can use breastfeeding as a contraception method if all of the following conditions are met:
- ✦ If the mother is not menstruating
 - ✦ If the child is exclusively breastfeeding, and
 - ✦ If the child is less than 6 months old



- 52 Parents: in order to ensure the wellbeing of your family after delivery, visit a health extension worker to get family planning services.



Adolescent Sexual and Reproductive Health

- 53 Parents: protect your children from harmful traditional practices, such as FGM (Female Genital Mutilation) and early marriage, so that they will not have difficulty during child birth and are faced with other problems such as fistula in the future.

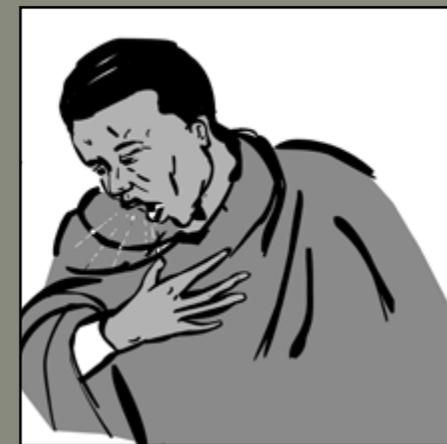


- 54 Parents: speak openly with your children about puberty and the physical changes that come as a result, such as menstruation. This will allow your children to build their self-confidence and protect them from being exposed to HIV/AIDS, sexually transmitted diseases, unwanted pregnancy and unsafe abortion.





It is possible to protect yourself, your family and your community from communicable diseases by applying the simplest actions.



TB Prevention

- 55 Family: if someone in your family has been coughing for more than 2 weeks, take her/him to a health facility for TB examination immediately. This will enable the person to get early treatment before the condition gets worse, and also prevent the transmission of the illness to others.



- 56 Family and patient: a patient should finish taking her/his prescribed medicine even if s/he starts to feel better. This will allow the patient to fully recover and prevent drug resistance and ensure that the illness does not relapse.

Malaria Prevention

- 57 Family: every family member should sleep under a bed net.
- In case there aren't enough bed nets, give priority to pregnant women and children.
- Make sure the net is hung properly as shown in the illustration and protect it from damage.



- 58 Family: spray your house with anti-mosquito insecticide. Leave the sprayed walls and surfaces exposed for 6 months for the mosquito to come in contact with. Do not cover the walls with paper.



59



- Mother/Father: if anyone in your family has a fever, immediately take her/him to a health facility. You can only be certain that s/he has malaria and ensure that s/he gets appropriate treatment by going to a health facility.



Sanitation and Hygiene

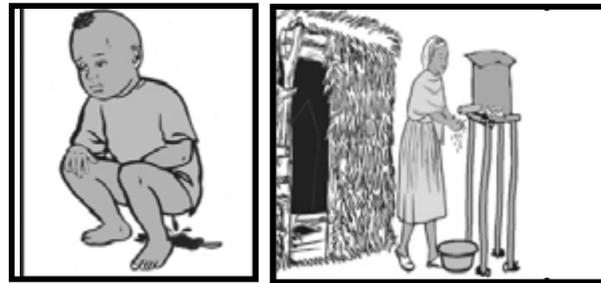
- 60 Mother/Father: build a latrine with a cover and ensure that you and your family use it properly.

This will protect your family from illness.



- 61 Family: wash your hands with water and soap (and if not soap then ash) after using the latrine and after cleaning children, as well as before preparing food and sitting down to meals.

This will help you to stay healthy.



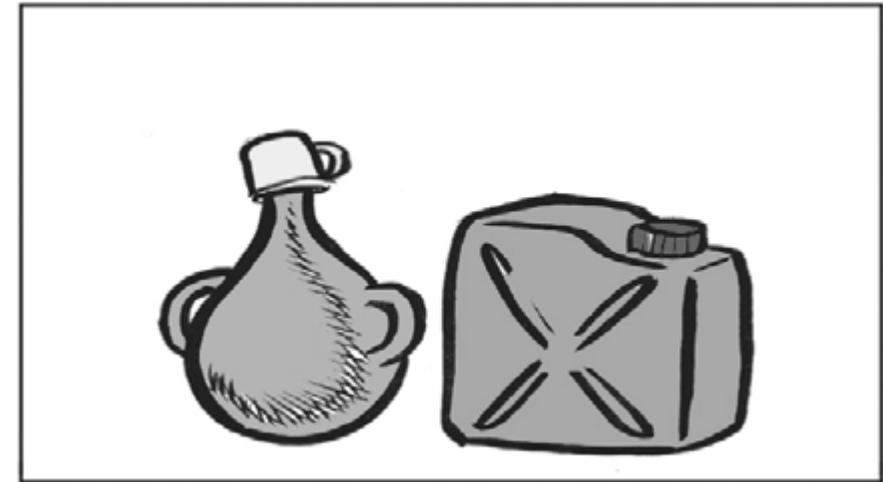
- 62 Family: carefully store prepared food in containers that have lids to prevent the food from being contaminated by germs.

In addition, always properly warm precooked foods with enough heat before you eat.



Sanitation and Hygiene

- 63 Parents: to ensure your drinking water is not contaminated, get your water from a clean source and store it in a clean container with a narrow neck and a cover. If you are getting your water from an unclean source, make sure to boil the water before you drink it.



- 64 Family: make sure to wash your face every morning and night to protect yourselves from Trachoma and skin disorders.

Also wash your hair and body at least once a week with soap.



