



National Vitamin-A Campaign "Vitamin-A Saves Lives"



- All postpartum women get 1 red capsule and dosage at delivery (Not later than 6-8 weeks after delivery).

Vitamin A is important for good health, because it helps...

- good growth and development, good eye-sight
- protecting the body against infections

Vitamin A is needed by the following...

- Everybody to protect their health and vision
- Young children after they are weaned to help them grow, develop normally and stay healthy
- Breast-feeding women especially to help them stay healthy and pass on Vitamin A to their children through breast milk

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The theme "Vitamin-A Saves Lives" speaks volume for this campaign which ran since from 08 Sep 2008. As such, it would be improper for parents to disregard the call by National Department of Health to visit any Health facility in the country to get Vitamin-A free of charge.

Different dosages and schedules are available for different kids age-groups

- 0-5 months will get 1 white capsule & dosage at the age of six weeks, for the kids that are non-breast feeding.
- 1 blue capsule & dosage for all the kids at the age between 6-11 months.
- All the kids at the age between 12-59 months get 1 red capsule & dosage at 12 months, then every 6 months.

How do we get Vitamin A

- Eat foods rich in Vitamin A
- Through breastfeeding
- Receiving Vitamin A supplementation



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To contribute, forward your submissions at: thapelo.rabalao@gauteng.gov.za

Editorial

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