

## 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

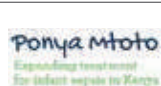
## 7. Preparedness plan incase young infant falls sick:

- 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

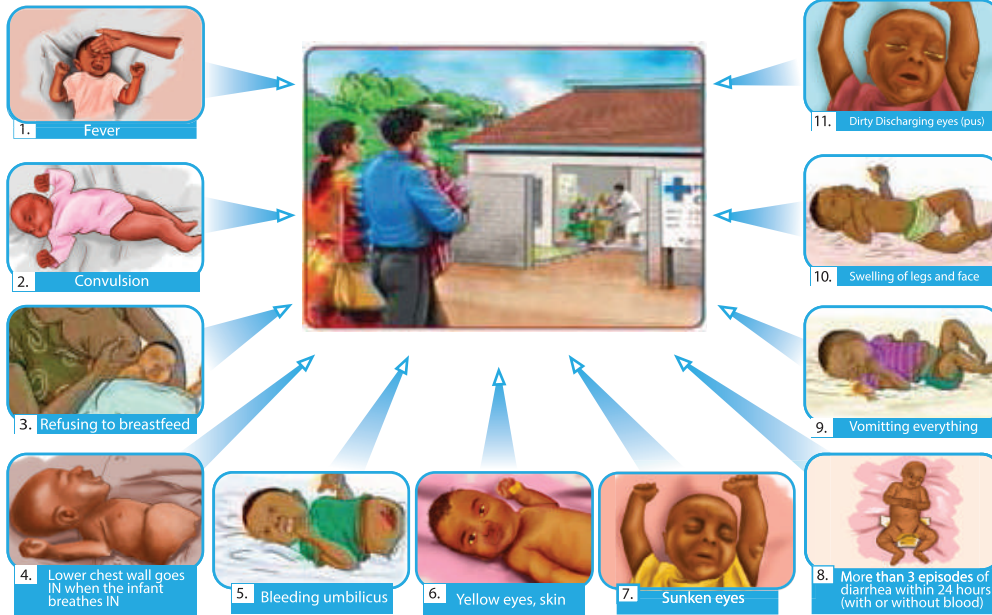


# Keeping Young Infants Healthy

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*