

Administration of Vitamin A Supplements

- Vitamin A reduces the severity of infections such as diarrhea and measles, therefore reducing mortality due to an infection.
- Vitamin A promotes the growth of children.
- Severe vitamin A deficiency is associated with difficulty to see in darkness, eye lesions, and blindness.
- Children and pregnant women whose diet is poor in vitamin A-rich foods need to receive vitamin A supplements.
- Vitamin A is found in food in two ways: as pre-formed vitamin A (milk, butter, and liver) and in the form of carotenoids or vitamin A precursors (in yellow and orange fruits and in vegetables, particularly dark, green and leafy ones).

Steps to follow for appropriate administration of vitamin A supplements

1. Keep vitamin A capsules in an airtight container, away from light, heat, and humidity.	2. Separate and store vitamin A vials according to their doses.	3. Check the expiry date of the product.
4. Mark the date in which you opened the vial of vitamin A capsules.	5. Check the vitamin A dose that corresponds to the age of the child.	6. Wash your hands and ask the mother to sit comfortably with the child on her lap.
7. Cut the end of the capsule with a clean pair of scissors. 	8. Squeeze the capsule between your fingers and make sure the entire content falls into the child's mouth. 	9. Mark on the health or vaccination card the date when the vitamin A dose was administered.
10. Tell the mother when she should bring the child back for the second dose.		

ONLY healthcare workers can administer vitamin A capsules!



- If the vial has not been opened, vitamin A capsules conserve their potency up to 2 years after their manufacturing date.
- Capsules conserve their potency up to a year after the vial was opened.
- Check that the child has swallowed the whole content of the capsule and that he or she did not spit any drop.

Vitamin A Dosage Schedule as Supplements: CHILDREN AGED 6-24 MONTHS

Age	Dosis	Frequency
6-11 months	100,000 IU (30 mg) (blue pearls)	One every 4-6 months
12-24 months	200,000 IU (60 mg) (red pearls)	One every 4-6 months



- Vitamin A capsules should not be refrigerated or frozen.
- Do not, under any circumstance, give vitamin A capsules to the mother or caregivers.
- Do not twist or bite the capsule to open it.