



**CORONA FET**



**Week: 4<sup>th</sup> – 10<sup>th</sup> October 2020**

**Big Idea of the Week:**

**Health care for pregnant women and children  
saves lives and keeps families strong**

Health and nutrition services for children and pregnant and lactating women are essential services and all government-owned hospitals continue to provide free healthcare and medicines for pregnant and lactating women and children under 5 years old.

Make sure to take children for their marklate and go to the hospital for ANC, safe delivery, malaria testing and treatment, and other regular care to stay healthy.

For our safety and the safety of our health workers, special steps and actions have been put in place to make sure we can all stay safe. Hospitals remain the safest place to go for health checks, treatment and care.

Fever and cough or difficulty in breathing are common symptoms for both coronavirus and other dangerous diseases. If you feel you might have coronavirus symptoms, call 117 right away for advice.

Because sicknesses in children can quickly become serious, if your child has these symptoms, parents/caregivers should seek immediate care from a community health worker or a health worker at the hospital.

**Corona fet na we all fet!**

#### **Suggestions for people to interview**

- Parents/Caregivers of young children
- Pregnant women
- Nurses
- Community Health Workers
- Community leaders, including mammy queens

#### **Suggestions for questions for interviews and panel discussions**

- Why is it important that pregnant and lactating women and children under 5 continue to go to the hospital for routine health services?
- What can we do to encourage and help our wives, daughters, sisters, and mothers to go for these services?
- What actions have hospitals taken to make sure that women and children can continue to safely get the care they need during this coronavirus time?
- What can families do if they have questions about going to the hospital for care?

#### **Additional messages**

Even though we are in an emergency situation due to the coronavirus outbreak, that does not mean that pregnant women and children should suffer.

Remember health workers and community health workers are skilled and ready to take proper care of you and your child. Make sure to go to the hospital to get the help you need.

Early treatment saves lives! If you, your child or anyone start feeling unwell and showing signs of sickness such as fever, diarrhea, swelling, call 117 right away, or get advice from your Community Health Worker on where to go to get the care you need.

Government Hospitals are still providing routine health services for free for pregnant and lactating women and children under 5 just like before.

### **For pregnant women**

Antenatal and postnatal care are important for pregnant women.

- Make sure to visit the hospital for regular check-up and complete at least the 4 visits at the hospital to check on your pregnancy, your health and the safe growth of your baby.

For their safety, pregnant women should deliver their babies at the hospital in the hands of experienced and qualified health workers who have been trained on how to take good care of pregnant girls/women in case of emergency.

- Talk with your health worker to prepare for and plan well for giving birth to your baby at the hospital, including keeping money for transport for when the time comes.

If you feel unwell or that something is wrong with you or your baby at any time in your pregnancy, go to the hospital right away to get the care you need.

Pregnant women and children under 5 are encouraged to sleep under a treated mosquito net. You will be given one when you go for your ANC check-ups.

### **For parents/caregivers of children under 5**

Anyone can get coronavirus, even children. Many children who get coronavirus feel fine and healthy. But some children are more likely to get seriously sick from the virus, including children with other health conditions.

Caregivers can help protect their children's health by taking them, with their under-five cards, to the hospital for their marklate and to check the growth of their children.

Marklate save lives and will help babies and children to be strong to fight off sicknesses.

Currently, there is no marklate for coronavirus developed and approved. The health workers will not give you anything that is not safe for you or approved for use.

Breastfeeding for children below the age of two must continue and babies between 0 - 6 months must be exclusively breastfed, with only milk and nothing else. If your baby is malnourished or sick, go to the hospital to get special care.

### **Family planning**

All Government hospitals continue to provide family planning services for free.

Talk with a health worker to learn more about the different methods of family planning. They can help give advice on which one will work best for your needs.

Currently, there is no marklate for coronavirus developed and approved. Injectable contraceptives are not coronavirus marklate. The health workers will not give you anything that is not safe for you or approved for use.

Pregnancy at a young age threatens the health of the girl, deprives her of her childhood and threatens her future. Pregnancy at a young age is harmful and dangerous to a girl's growing body and young mothers also have a higher chance of getting sick and dying during pregnancy. This is why it is important to support adolescent girls and boys to access family planning services.