

Take Action to Prevent Diseases and Injuries

Vaccines protect you, your child and your community.

- Make sure your child is vaccinated according to the national schedule.
- Even if your child has a mild illness vaccinations are safe.
- A low fever, some irritability and redness or swelling at the injection site are common and normal reactions to the vaccine. Serious adverse events after vaccination are extremely rare.
- Every child should have a vaccination record book. Keep it safe so health workers can keep track of your child's vaccinations.
- A new syringe must be used for every person being immunized.

Breastmilk is the best food for babies. It protects your baby against disease not only during infancy, but for the rest of his or her life.

- Breastfeed your baby exclusively for six months. Giving formula, other liquids or food can reduce the flow of breastmilk and the benefits it gives. Breastfeeding can reduce the risk of diseases over the course of your child's life.
- After six months, continuing to breastfeed your baby for at least the first two years of life is best.
- Feed your child a wide variety of fresh food, including fruits and vegetables.
- Avoid high-calorie, low-nutrient processed and fast foods.
- Indoor burning of solid fuels, like wood or coal, is extremely dangerous to you and your child.
- Keep human and domestic waste separate from food and water supplies in your home.
- Younger children are more vulnerable to accidental injury and drowning.
- Make sure your child is supervised at all times.

Reduce risks of accidental injury and drowning:

- Keep water containers well covered.
- Ensure that open wells or ponds are fenced.
- Talk to your child about traffic safety behaviour, and the risks of falling from high places.

In order to improve the situation of the world's children everyone has to participate. UNICEF believes that every individual can play an important role in promoting and protecting the rights of children. The first step is concern, the second step is knowledge, the third step is action.

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