



Frequently Asked Questions on

# VITAMIN-A

campaign

**QUESTION 1:** WHAT IS THE IMPORTANCE OF GIVING A CHILD THE DOSE OF VITAMIN-A?

**ANSWER:** Vitamin A helps in strengthening of the immune system, reducing severity of diseases such as diarrhea and measles, preventing deaths from diarrhea and measles, treats malnutrition and also also prevents blindness.

**QUESTION 2:** WHERE IS IT GOING TO BE ADMINISTERED?

**ANSWER:** It will be administered in health care facilities, that is all hospitals and clinics and mobile stops. There will also be temporary mobile stops or sites which will be set for administration to take place.

**QUESTION 3:** IS IT ALSO AVAILABLE AT PRIVATE DOCTORS?

**ANSWER:** Private Doctors have been requested to direct their clients to all government facilities since there will not be administering. Some Private doctors including Dr Mazonde , Dr Montshiwa Dr Dickenson and GPH were administering..

**QUESTION 4:** CAN VITAMIN-A BE OVERDOSED?

**ANSWER:** Yes it can be overdosed, but very rare.

**QUESTION 5:** WHAT ARE THE CONSEQUENCES OF OVERDOSING VITAMIN-A?

**ANSWER:** Vitamin A taken in excessive (high intakes) and repeated doses (over a long time) can be a hazard for both adults and children and more, especially during pregnancy. Symptoms of overdose can range from loss of appetite, headaches, blurred vision, irritability, hair loss, general drying and flaking of skin, bone fractures and liver damages and also abnormalities in children born when a high dose was taken during pregnancy.

**QUESTION 6:** SHOULD A CHILD WHO IS FIVE YEARS AND A FEW MONTHS BE GIVEN THE DOSE?

**ANSWER:** Vitamin A is important for everyone; however for the campaign only children under the age of five will be supplemented. The older children should take foods rich in vitamin A.

**QUESTION 7:** SHOULD A ONE MONTH OLD BABY BE GIVEN THE DOSE OF VITAMIN-A?

**ANSWER:** Those children that are breastfed can get adequate Vitamin a from breast milk, but those that are not breast fed they are given much lower doses than those used in the campaign if necessary by a doctor.

**QUESTION 8:** MY DAUGHTER WAS GIVEN THE DOSE AT PRE-SCHOOL BY MISTAKE, SHE IS OVER FIVE YEARS. WILL IT HAVE ANY BAD EFFECTS ON HER?

**ANSWER:** No. It will not have any bad effects on her. Vitamin A is important for everyone; however for the campaign only children under the age of five will be supplemented. However supplements should be taken under the doctors advice to avoid overdoses..

**QUESTION 9:** AFTER MY DAUGHTER WAS GIVEN THE DOSE SHE DEVELOPED MUMPS. IS VITAMIN-A THE CAUSE?

**ANSWER:** NO

**QUESTION 10:** CAN A CHILD BE ALLERGIC TO VITAMIN-A?

**ANSWER:** NO

**QUESTION 11:** WHEN IS THE NEXT CAMPAIGN?

**ANSWER:** Another Campaign will be running this year from the 9th to 15th November 2009.

**QUESTION 12:** HOW OLD SHOULD A CHILD BE TO BE GIVEN THE DOSE OF VITAMIN-A?

**ANSWER:** Should be 6-59 months

**QUESTION 13:** WHAT ARE THE SIDE EFFECTS OF VITAMIN-A?

**ANSWER:** Side effects from vitamin A supplementation are not common, however, occasionally vomiting, loss of appetite and dizziness may occur. All these symptoms are transient and are expected to pass within 48hours.

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