

This pamphlet has been developed in support of the Reducing Maternal and Child Mortality through Strengthening Primary Health Care in South Africa Programme (RMCH). The RMCH programme is implemented by GRM Futures Group in partnership with Health Systems Trust, Save the Children South Africa and Social Development Direct, with funding from UK aid from the UK Government. The views expressed do not necessarily reflect the UK Government's official policies. All reasonable precautions have been taken to verify the information contained in this pamphlet.

RMCH is committed to helping reduce the high number of avoidable maternal and child deaths in South Africa by strengthening the primary health care system. The programme provides technical assistance to the South African National Department of Health (NDoH) and the Districts to improve the quality of, and access to, reproductive, maternal and child health services for women and children living in poorer, underserved areas in South Africa.

*Information taken from CARMMA 2012

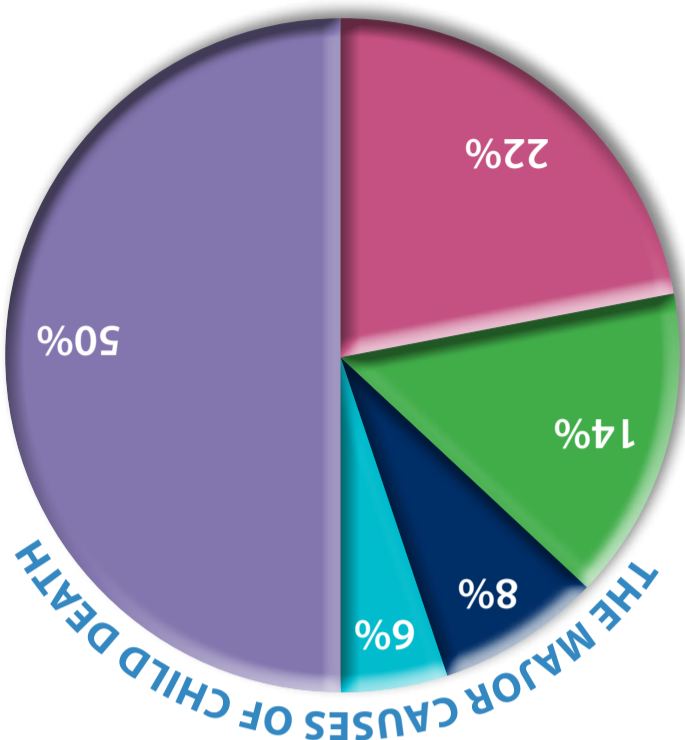
- 40% of all child deaths occur within the first 28 days of their birth.
- One in 25 children dies before their first birthday.
- More boys (50 in 1000) than girls (44 in 1000) die before the age of 5.
- 50% of under 5 deaths are HIV-related.
- 32% of under 5 deaths are caused by severe malnutrition

CHILD HEALTH FACTS IN SOUTH AFRICA: Child Healthcare in South Africa



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- Severe malnutrition
- Pneumonia
- Diarrhoeal disease
- Neonatal conditions such as stillbirths & asphyxia
- AIDS related deaths, including tuberculosis



- WHY ARE CHILDREN DYING?**
- Severe chest infection (Pneumonia), diarrhoea, birth trauma and lack of oxygen before, during and after birth (asphyxia), illnesses that can be prevented by immunisation, malaria (in some areas), malnutrition, TB and HIV.
 - Most newborn and child deaths can be prevented.

THE MAJOR CAUSES OF DEATH ARE:

Who can you complain to if you feel your child's health rights are not respected?

Look for the complaints box at health care facilities (clinics, community health centers & hospitals). The procedure to lodge your complaint must be clearly displayed in every health facility.

**CALL THE NATIONAL COMPLAINTS CENTRE ON
08100 20 14 14**

**EMERGENCY PUBLIC AMBULANCE NUMBER
10 177 (dial 112 from a mobile phone)**



**072-66 33 739
help@blacksash.org.za**

The Black Sash HELPLINE for FREE paralegal support and advice

REMEMBER:

Public Health should take care of communities and not just individuals. Everyone benefits if the whole community is healthy. You can therefore complain as an individual AND as a community.



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Newborn & Child Health: Health Rights and Responsibilities

Main Services for Newborns and Children under 5 years

The **first 5 years** are the most important in the development of a child. All children are given a **Road to Health Card** at birth – this is a record to monitor immunisations and growth and development until **5 years old**.



1.

SERVICES OFFERED AT HEALTH FACILITIES:

- **PCR Test to test for HIV**, medication (Bactrim/Cotrimoxazole) and immunisation are linked to the 6 week visit
- Babies born to HIV positive women will have an **HIV test** at 6 weeks, 9 months and at 18 months.
- **Vitamin A and infant feeding** counselling is provided to mothers for all babies.
- **Nutrition supplements** are also provided to malnourished children (remember to weigh babies and children regularly).
- All babies and children will receive **free vaccines and growth monitoring**.
- **Immunisation** is vital for babies and children for prevention against major infectious illnesses:

AGE OF CHILD	VACCINE
At birth	BCG, Polio
6 weeks	Polio, DTaP-IPV//HiB, Hepatitis, RV, HBV
10 weeks	DTaP-IPV//HiB, HBV
14 weeks	DTaP-IPV//HiB, HBV, RV, PCV
9 months	Measles vaccine, PCV
18 months	DTaP-IPV//HiB, measles vaccine
5 years	Td vaccine



2.

WHAT CAN BE DONE BY PARENTS/ CAREGIVERS TO ENSURE THAT CHILDREN STAY HEALTHY AND ALIVE?

- Parents/caregivers need to **be in the best health** possible
- **If you are not sure about your child's health go to a health care facility to be examined and tested for illnesses** like HIV, TB, measles and others to ensure your child is healthy, or that they receive medication

- Always make sure that your child is **taking his/her medicines at the right time and finishes** the medicines
- Take care of the **Road to Health card** and all other health records and bring them with you when visiting the health care facility.
- Children need to receive all their **immunisations**
- Babies and children who are not well need to be taken to the health facility as soon as possible
- Always **keep** your health care **appointments**



3.

THE HEALTH OF MOTHERS AND BABIES ARE CONNECTED:

- Children's health begins when they are in the womb and therefore the health of the mother is very important.
- It is important for **pregnant women to test for HIV**.
- HIV positive women should be enrolled into a '**Prevention of Mother to Child Treatment**' (PMTCT) programme to prevent the transmission of HIV to the baby. This is important to increase the chances of having a healthy baby, and to try and save both their lives.



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REMEMBER: • Children under 6 receive **free health services**



- **Ask questions** to the health staff if you have any worries about your child's health
- Some child **deaths can be prevented**, e.g. from curable illnesses such as diarrhoea, TB etc