POINTS IN MAINTENANCE OF CHILD'S HEALTH

- Within the first week of birth physical checkup of child and BCG vaccination should be given.
- . Mothers milk is best for bables and to be given as much as possible.
- At sixth month, start feeding solid foods so that child is eating all family food by 18 months.
- · Child should be feed even during disease.
- Doctors be consulted about vaccination during 1st week, 1 1/2 months, 2 1/2 months, 3 1/2 months and 9 months. (EPI schedule). For non EPI vaccination consult your doctor.
- . During sickness, child be treated and once health is gained, vaccination be given.
- Oral Rehydration Salt is best to manage diarrhoea & dehydration. Use ORS frequently in diarrhea.
- Weight chart of the bables be maintained, the baby gains about 200gm/week (800gm/month) for the first 3 months after birth, than 150gm/week (600gm/month) for the next 3 months, than 100gm/week (400gm/month) for another 3 months, and than 50-75gm/week (200-300gm/month) for the final 3 months of the 1st year.
- Develop your babies habit for exercises during bath and instances.
- · Loose fitting clothings be made so as to allow ample space for movements.
- · Ensure a sound and undisturbed sleep for baby, wake her only when she is to be feed.
- · Keep your baby neat and clean, sick adults and children should not hug the baby.

For Appointment, Please Call at +92 21 3498 6956-7



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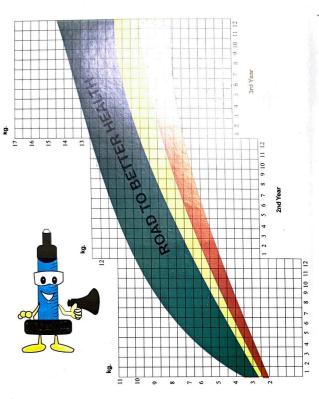
patel_hospital



VACCINATION CARD

| Muhammad Taha 35 |
|--|
| NAME B/O Bushra Fakhaw |
| MR# 47-74-05 |
| FATHER'S NAME Muhammad Fakhar Gul |
| DATE OF BIRTH 15-03-2015 |
| wт нт |
| consultant Dr Lofar Mehdi |
| Addi: E-13/2, Black 7. Gulshan-e-Ighal K |

Mobile: 0300-2556570 NJC: 31304-2052026-3.



| VACCINE | DUE | DATE GIVEN | WEIGHT (KG) | HEIGHT (CM) | FOC | SIGN |
|-------------------------------|-----|---------------|----------------|----------------|------|---------|
| BCG+POLIO (at birth) | | 2/3/15 | | | , | 000 |
| ENTA | | 7/04/15 | \$ | | | S. |
| CP8 | | 0/06/1 | | | | D |
| ooster! 18mth | | 1, 1 | , | | | |
| coster li 5yrs | | | | | | |
| ∫ 8w k | | Nole | \$ | | | 2 |
| 18Wk | , | 5/05/ | 5 | | | D |
| 10wk | | 2/06/ | 15 | | | 1 |
| Booster 18 mths | | 1 ' ' | | | | |
| ROTA VIRUS | 6 | 2 | 7 | | | |
| ×10wk | | | | | | |
| MEASLES 9 mths | | Klizh | 5 | | | D |
| CHICKEN PDX 12 mths | | 18/3/1 | 4 | | | Sylver |
| 2nd Dose | | 1.1. | | | | 1 |
| MMR 15 mths | | 140 | . 4 | | | Loye |
| HEPATITIS A | | 111 | | | | bolo |
| 12 mths 1st | | 8/3 | 17 | | | RA |
| 18 mths 2nd | | 1 | | EL HO | | les les |
| 2 yrs | | 16/3/ | 7 | V | 100 | 800 |
| MENENGOCOCCAL FLU & OTHERS | 9 | : 11 | (): | NOM | N)P) | |