

Neelison
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Government of Assam

Iron supplementation guidelines for children 6 – 60 months

1. Ferrous sulphate and folic acid syrup (20mg elemental iron + 100mcg of folic acid per 1 ml)

1.1. **IFA syrup** is to be used for **children 6 months to 5 years**.

1.2. According to the Government of India's directive (Letter No. Z28020/50/2003 – CH, Date-23.04.2007), all children 6-60 months are to be given 20 mg elemental iron along with 100 mcg of folic acid every day.

1.3. The cap (dispenser/dropper) provided with the IFA syrup should be filled up to the mark of **1 ml and the content given to the child once every day for 100 days in a year**.

1.4. A child should be given 1 ml IFA syrup only after he/she fed (1 whole katori/small bowl or cup of food). **It should be kept in mind that a child should never get IFA syrup on empty stomach.**

1.5. The mother/child caregiver should be conveyed that the child may get **black stools** after taking IFA syrup and that this is **normal**. There is no need to worry about it and the **daily 1 ml IFA syrup should be continued**.

1.6. If a child is **extremely malnourished** (orange category of the WHO growth chart) or looks so, then **IFA syrup should not be given**.

1.7. If a child has **high fever**, one should **discontinue giving IFA syrup**. When the child becomes alright, the IFA syrup should be re-started.

1.8. Keep the **IFA syrup bottle out-of-reach of the child** in a clean and safe place at home.

1.9. All Anganwadi workers to **prepare a list of all 6-60 month old children** in the area of their respective centers and pass it on to the ANM so that the ANM and the ASHA can make sure that IFA syrup is made available to all the eligible children.

1.10. Each month, the ANM should give the list of IFA syrup distribution to the in-charge medical officer. The medical officer in-charge should send his/her Primary Health Center's (PHC) report to the district civil surgeon who will **compile reports from all the PHCs in the district and forward it to the State RCH Officer every month**.

1.11. If a child **accidentally consumes more than the advised dose of IFA syrup per day**, he/she should be taken **immediately to the nearest health facility**.

