

### Using 25,000 IU Vitamin A Capsules

- Strength of capsules available in Thailand are **25,000 International Units (IU)**.
- If unsure of source, always check the bottle to confirm strength of capsules.
- Store capsules in cool area and keep capsules covered and out of sunlight.
- Avoid using expired capsules, if at all possible. If no other options exist, do not use capsules for more than 6 months after the expiration date.
- **ALWAYS DOCUMENT** any dose of vitamin A given with the full date (day, month and year) and the complete dose in International Units (IU). Check record to determine when last dose was given.

### Burma Border Vitamin A PREVENTION Schedule

<b>1 year and older: give 200,000 IU (8 capsules) every 4 -6 months</b>	<b>6 months to 1 year: give 100,000 IU (4 capsules) every 4 - 6 months</b>	<b>Infants Under 6 months give 50,000 IU (2 capsules) in 3 doses at time of delivery, at 1 month and at 2 months</b>
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- **Mothers** – give 400,000 IU (16 capsules) in 2 doses 1 day apart, starting at time of delivery *OR* 10,000 IU daily for 1<sup>st</sup> 6 months *OR* 25,000 IU weekly for 1<sup>st</sup> 6 months.
- The border prevention distribution will include all children up to the age of 12.
- Pregnant women are not included in the prevention schedule at this time.
- Pregnant women should never receive more than 10,000 IU of Vitamin A per day.

### Burma Border Vitamin A TREATMENT Schedule

- Treat all cases of clinical vitamin A deficiency (xerophthalmia).
- Treat all cases of measles.
- Treat all cases of moderate and severe malnutrition.
- Treat all cases of respiratory infections in children that are serious enough to be admitted to IPD or hospital.
- Treat all cases of diarrhea in children that are serious enough to be admitted to IPD or hospital.

<b>1 year and older: give 200,000 IU (8 capsules) on day of diagnosis, the next day and one week later</b>	<b>6 months to 1 year: give 100,000 IU (4 capsules) on day of diagnosis, the next day and one week later</b>	<b>Under 6 months give 50,000 IU (2 capsules) on day of diagnosis the next day and one week later</b>
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- **In Pregnancy** (and women of reproductive age who are uncertain of pregnancy status)
  - With night blindness or Bitot's spots - give 10,000 IU daily or 25,000 IU weekly for at least 4 weeks.
  - If cornea dryness or cornea ulceration is present – give full treatment doses (200,000 IU x 3) regardless of pregnancy status

*If a TREATMENT dose has been given in the past 1 month, do not treat again.  
Wait for one month to pass between treatments and re-evaluate.*