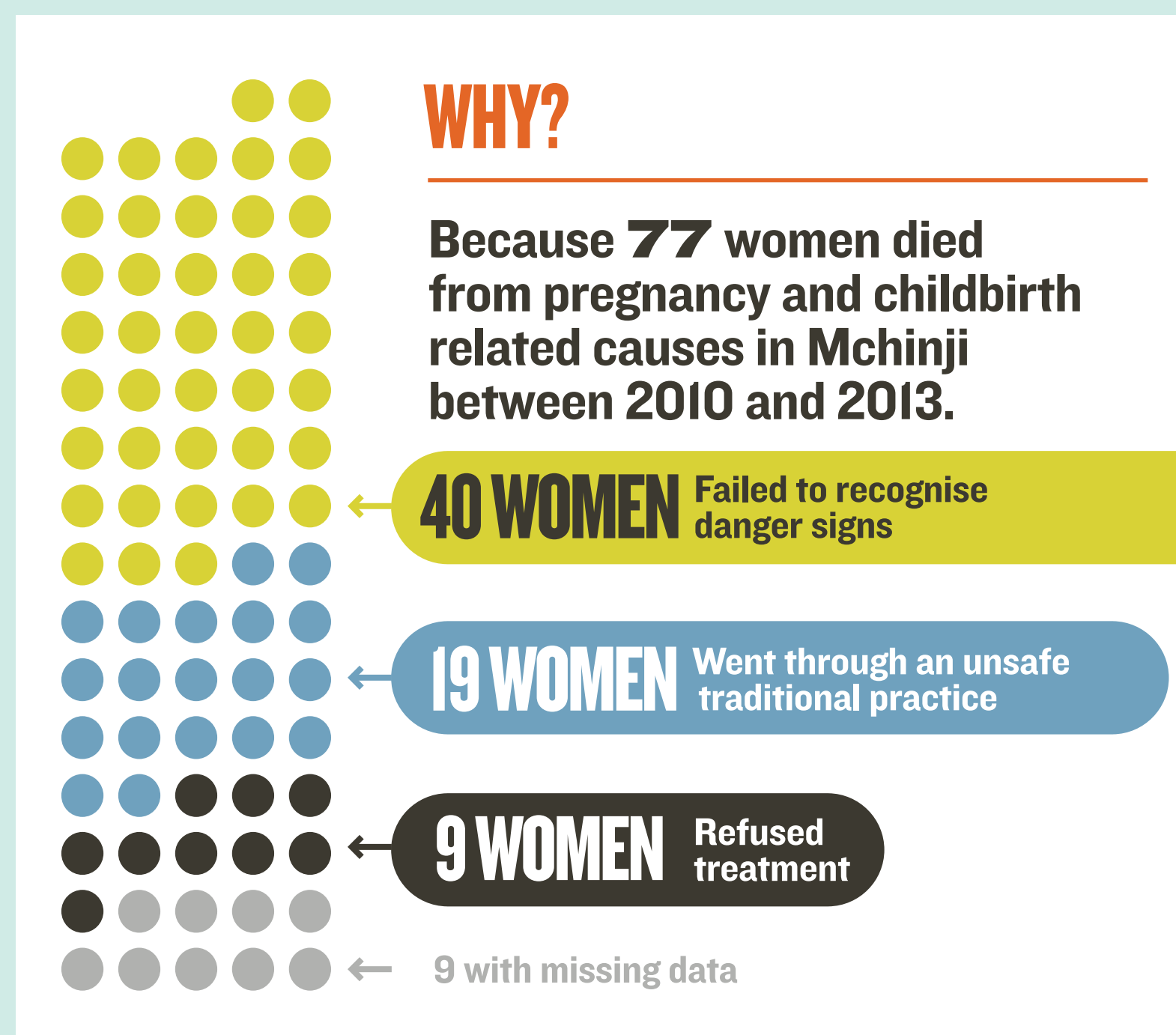


CALLING ON MCHINJI'S HEALTHCARE WORKERS!



MCHINJI MOTHERS & BABIES CAN SURVIVE & THRIVE IF WE ALL TAKE THE FOLLOWING THREE STEPS:

! KNOW THE DANGER SIGNS



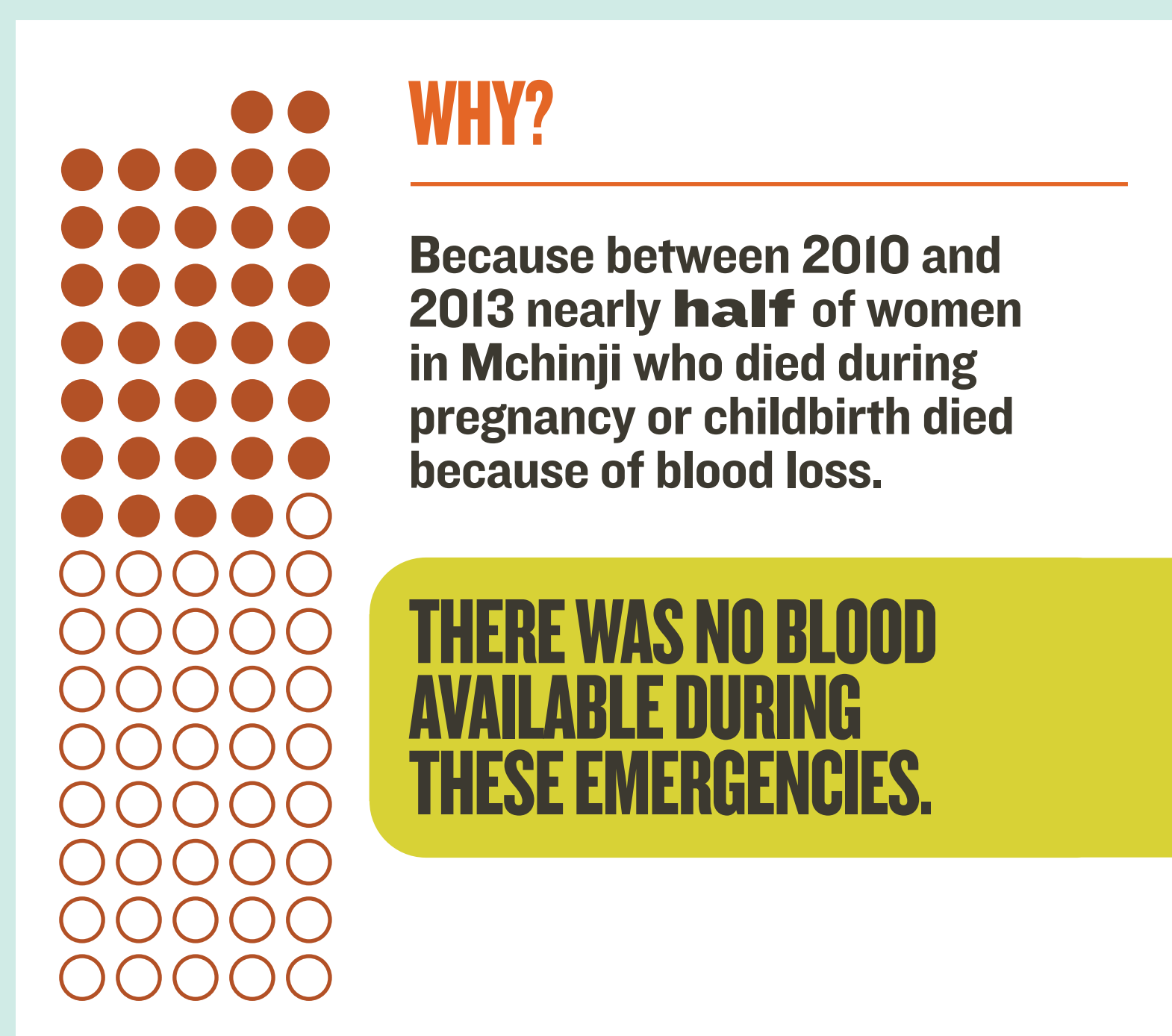
WHAT ARE THE DANGER SIGNS?

- ! HEADACHES
- ! SEVERE ABDOMINAL PAIN
- ! BLURRED VISION
- ! BLEEDING DURING PREGNANCY OR AFTER YOUR BABY IS BORN
- ! SWELLING OF HANDS, FEET AND FACE
- ! FEVER OR FEELING SHIVERY, COLD AND SWEATY

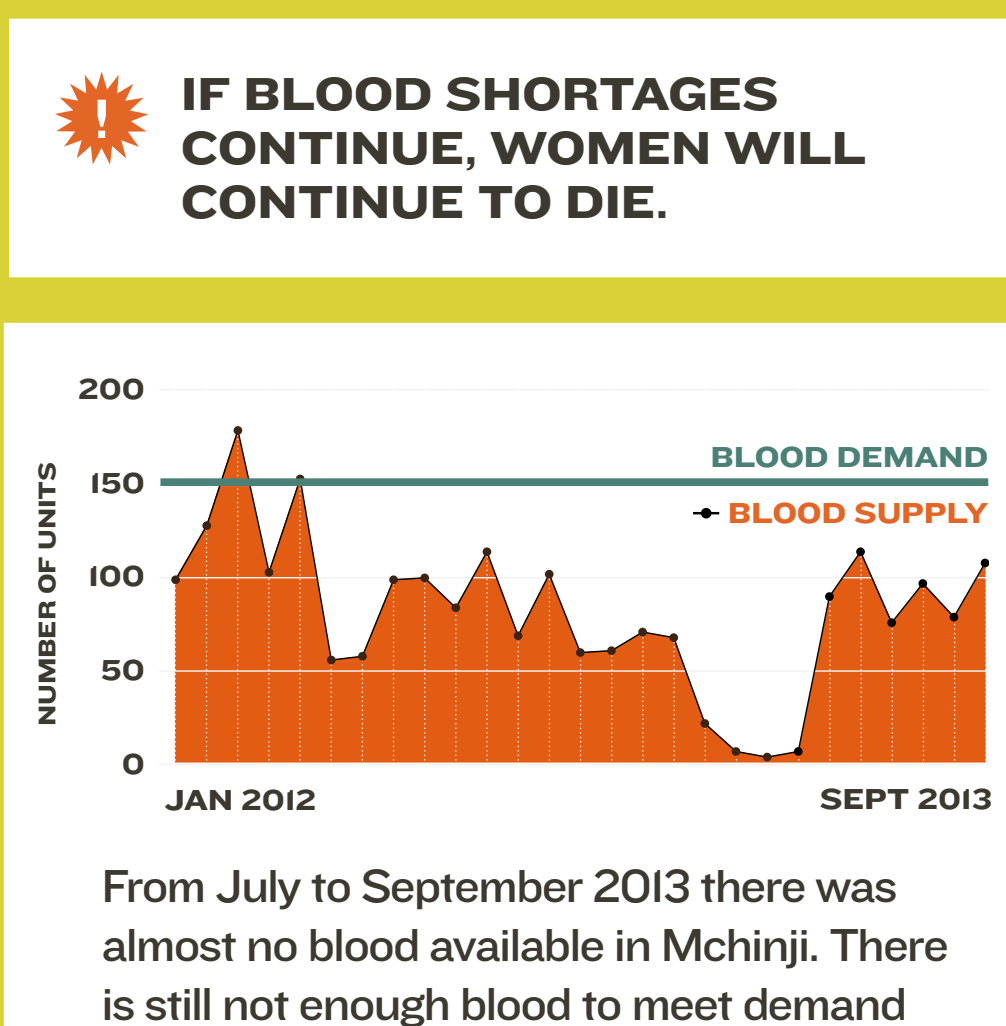
WHAT CAN YOU DO?

- 1. Help mamas have an ACTION PLAN:**
 - **WHERE** to go
 - **WHEN** to go
 - **HOW** to get there
- 2. SPEAK OUT!** If your health facility does not have the supplies and equipment needed to care for mothers and babies - it's not safe!
- 3.** If supplies, like blood or equipment, are running low in your health facility **INFORM** the district health officer or safe motherhood coordinator.

! INCREASE BLOOD SUPPLIES



BLOOD AVAILABILITY & DEMAND



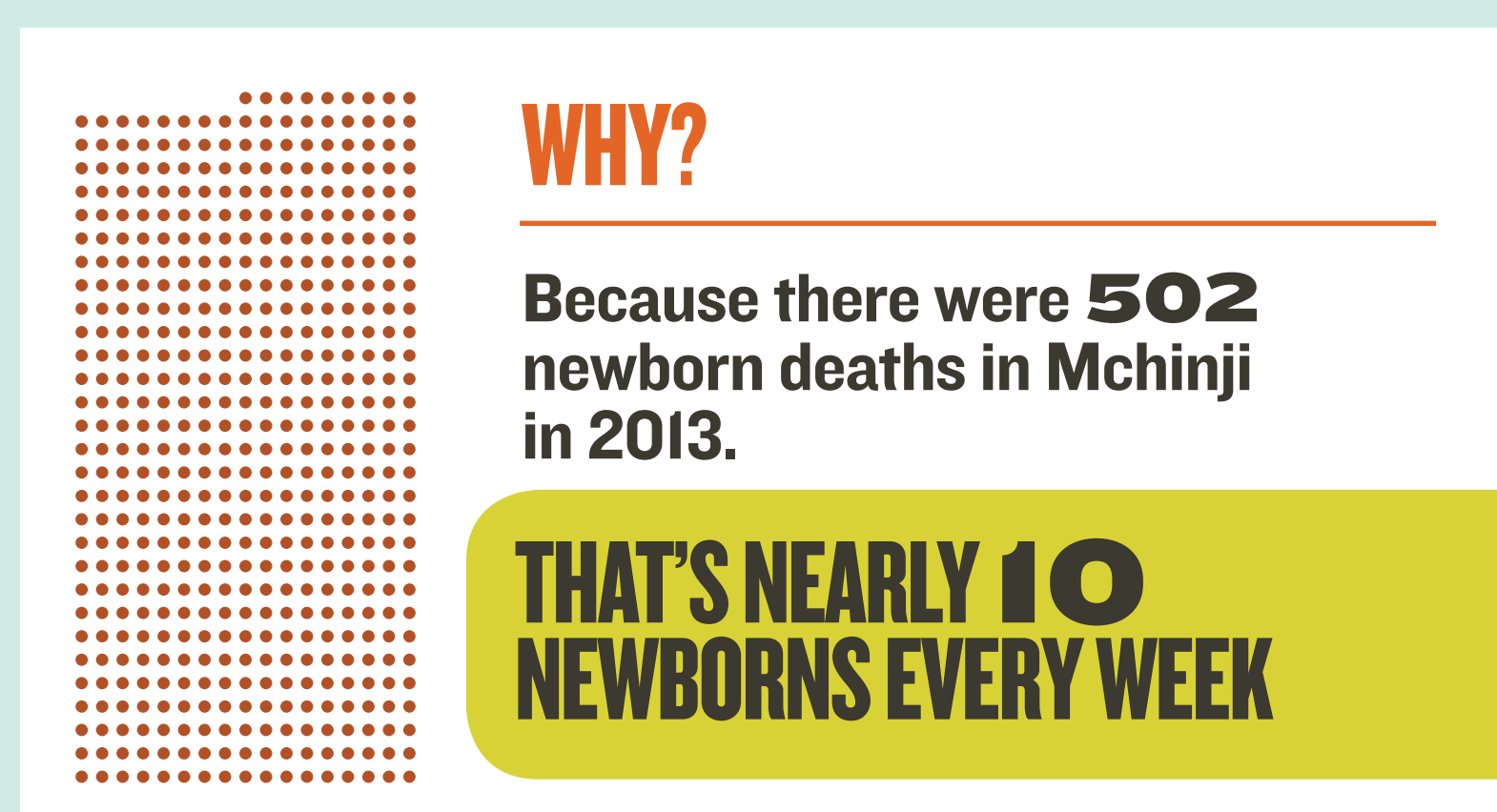
WHAT CAN YOU DO?

Make sure you have:

- 1. SUPPLIES**
- 2. EQUIPMENT**
- 3. BLOOD**

YOU need these to make a difference to your community.

! COUNT NEWBORN DEATHS



! **BECAUSE THEIR DEATHS WERE NOT COUNTED LESSONS WERE NOT LEARNT.**

When many babies die, their deaths are often ignored. As a result we overlook the causes of death and cannot learn from the experience and many more newborn babies die from preventable causes. That is why it is important to **COUNT** all the babies born - including those that die - in Mchinji.

WHAT CAN YOU DO?

- 1.** Keep counting newborn deaths
- 2.** Record **EVERY** newborn death and **EVERY** stillbirth in your clinic
- 3.** Share these records with your safe motherhood coordinator