

Salbutamol 4mg (Albuterol) Tablets

Bronchi dilatory Therapy for Prevention and Treatment of ASTHMA Attacks

AGE or WEIGHT	VIA ORAL Tablet: 4mg or part Daily Dosage for 2 weeks <small>(Do not give more without instruction from the doctor.)</small>	THROUGH NEBULIZATION (Fast) Dissolve the tablet (or part) of <i>Salbuterol</i> 4mg in 3ml de purified clean water. Administer by electric nebulizer, or manual (Bicycle Pump) for 10-15 minutes
2 to 12months 5-9kg(~ 10-20lb)	1/4 -1/2 tablet Every 8 hours	<p><u>Pediatric Dosage:</u> 0.3mg/Kg. dosage, every 4-8 hours as necessary. Take note that the <i>minimum</i> for children is 1/2 tablet for every dosage, and you can use 1/2-1 tablet in 3 ml water every 20 minutes to 2 1/2 tablets each hour in an emergency.</p> <p><u>Dosage > 12 years and adults:</u> 1/2 - 1 tablet in 3ml solution every 4-8 hours as necessary. Note: In an emergency, the <i>minimum</i> usually is one tablet, every 20 minutes to the maximum of 12mg in one hour.</p> <ul style="list-style-type: none"> ➤ Check blood pressure, and look for medical attention immediately if the attack continues. ➤ You can use an injection of adrenaline in an emergency with precaution, following the norms of treatment. ➤ Always use the lowest dosage to control the symptoms. ➤ Orally is preferred to control asthma. Nebulizations are preferred for frequent or serious attacks. ➤ Basic prevention includes: Smokeless air (chimney or fire outside of the house) Avoid contact with dust, feathers, animals, and parasites.
1 to 4 years 10-19kg(~20-40lb)	1/2-1 tablet Every 8 hours (Maximum: 3 a day)	
5 to 11 years 20-40kg(~40-90lb)	1/2-1 tablet Every 4-8 hours (Maximum: 6 a day)	
Children and Adults ≥12 años ≥40kg(≥90lb)	1/2-1 tablet Every 3-8 hours (Maximum: 8 a day) Check blood pressure	

FERROUS SULFATE 200mg (IRON) Tablets

Therapy for Prevention and Recuperation of Anemia

AGE OR WEIGHT	PREVENTATIVE THERAPHY <u>Duration:</u> Less than one year: 6 months 1 year to 4 years: 3months	RECUPERATION THERAPHY <u>Duration:</u> 3months
4 to 11 months	$\frac{1}{4}$ tablet daily (50mg)	$\frac{1}{4}$ tablet 3-4 times a day (150-200mg total in one day)
1 – 2 years (12-24 <i>months</i>)	$\frac{1}{2}$ tablet daily (100mg)	$\frac{1}{4}$ tablet 4 times a day (200mg total in one day)
3-4 years (25-59 <i>months</i>)	$\frac{3}{4}$ tablet daily (150mg)	$\frac{1}{2}$ tablet 3 times a day (300mg total in one day)
5-12 years 20-40 kg 40-90 lb	Depending on tolerance, age, and weight: $\frac{3}{4}$ - 1 tablet a day	Depending on tolerance, level of anemia, age, and weight, between $\frac{1}{2}$ tablet 4 times (400 mg total in a day), to 1 $\frac{1}{2}$ tablets three times a day (900 mg total in one day)
Adults ≥ 40 kg ≥ 90 lb	One tablet daily	As much as 1 $\frac{1}{2}$ tablets 4 times a day (1200mg total in one day if the stomach tolerates it)

*If a boy/girl is premature or weighs less than 2500grams(5.5 lb) begin supplements at 30 days of age with drops – 1 drop for each kg (2.2lb) of weight.

* IRON CAN INTOXICATE QUICKLY. Store medicine out of the reach of children. Give a maximum of 30 tablets to the mother.

SODIUM FLUORIDE
Preventative Therapy Against Dental Cavities

IF THE COMMUNAL WATER IS NOT FLOURIZED.

AGE	MG of sodium fluoride
6 months – 3 years	.25mg each day
3 years – 6 years	.5mg each day
6 years – 16 years	1mg each day

If children take fluoride in excess, it can discolor their permanent teeth.

MAMA NIGERIA ADAPTATION OF AIN- C II

Complementary Information:
Medicines and Procedures
To Promote
Community Health

NYSTATIN Tablets of 500,000 UI

For infections of candidiasis:

- *In infants-mouth and diaper rash or the skin,*
- *In children and adults-mouth, skin, genital area, or anal area*

For infection candidiasis oral* (of the mouth) in infants:

- 1-Give 5 tablets of 500,000 IU to the mother
- 2-Ground into powder one tablet each day
- 3-Mix with 5ml (a teaspoon) of clean water
- 4-Apply on the nipples twice a day for 5 days (1 ml each time)
- 5-Put 1ml in the infant's mouth 3 times a day for 5 days(You can use in adults as well)

*White spots with pain

For infection candidiasis* of the vagina:

- 1-Give 3 tablets of 500,000 IU to the woman.
- 2-Explain that she should break each pill into 5 parts
- 3-Put one-fifth (1/5) of each tablet into the vaginal canal each night for 15 nights.

*White Fluid like cheese, with itch

For infection candidiasis* in skin, genital area or anal:

*Diaper rash, or red irritation under the breasts or wet areas of skin

- 1-Give one tablet to the person
- 2-Ground one tablet into a powder, mix it with one teaspoon of Vaseline and apply the lotion to the affected skin three times a day

Medicine Usage of AIN-C II in Tablets
Dosage and Frequencies for Infants and Adults:

Age or Weight:

	Amoxicillin 250mg Every 8 hours = 3 times a day		Nalidixic Acid 500mg Every 6 hours = 4 times a day		Acetaminophen or Paracetamol 100mg Every 6 hours = 4 times a day		Prednisone o Prednisolone 5mg One time each day, take all of them			Trimethoprim/ Sulfamethoxazole 80/400mg Every 12 hours = 2 times a day				
Birth to 2 months	0 to 30 days (<3kg)	2ml* (2/5 teaspoon)	Do not use before 2 (or better-3) months		0 to 30 days (<3kg)	1/4	# Tablets A day	Wght In KG	Wght in Lb.	From 0 to 30 days (<3kg)	1/8			
	31 to 60 days (3-4kg)	3ml* (3/5 teaspoon)			31 to 60 days (3-4kg)	1/4 - 1/2				From 31 to 60 days (3-4kg)	1/4			
2 to 12 months 5-9kg (10-20lb)	3/4		2-3 month	1/8 tab.	2 to 3 months (4 - <6kg)	1/2				1/2				
			4-11 months	1/4 tab.	4-35 months (6 - <14kg.)	1						2	10	20
1 to 4 years 10-19kg(20-40lb)	1		1/2		36-59 months (14 - 19kg)	1 1/2				3/4				
					25kg/55lb	3						3	15	30
5 to 11 years 20-40kg(40-90lb)	1 - 1 1/2 Depends on severity and weight		3/4		30kg/66lb	4				1-2 Depends on severity and weight				
					35kg/77lb	5						4	20	40
					25kg/55lb	3						5	25	55
>12 years to adults >40kg(>90lb.)	1-2 Tablets Depends on severity and weight		1		6-10 tablets maximum: 4000mg/day for brief time					2				
												8	40	88
												9	45	99
Pregnant?	Yes: Category B		If it's necessary: Category C		Yes: Category B					Dangerous: Category D				
												10	50	>110
												If it's necessary: Category C		
NOTES:	Faringoamigdalitis estreptocócica (tonsilitis): Use 10 days *For infants less than 2 months, break the tablet or open the capsule and mix in 5 ml sugar. Estimate 2 or 3ml		In AIN-C II the tablets are 250mg If you are using for acute infection in adults: Double the dosage until 1000mg two times		Paracetamol and acetaminophen have the same use and dosage. These are very toxic in overdose. Keep out of reach of children.		Only for 3 to 5 days for asthma attack or severe allergies.			Do not use: ➤ for: faringoamigdalitis (Tonsilitis) Estreptococia ➤ In recent born babies if there is an alternative ➤ Never with the premature with jaundice (Yellow skin) in infants, or in the last trimester.				

Commentaries from MAMA Honduras about the Use of these Medicines:

- Refer to the AIN-C II Manual for the use of medicines and duration of treatments according to the indication.
- These pictures are for a guide. Refer to other references for more information or to confirm the indications and the corresponding uses of these medicines.
- To facilitate communication and to avoid mistakes, we will always talk about the medicines using their generic names and dosages.
- The medicine cabinet is for the whole community, with priority to the people in low economic resources. No one that needs medicines should lose access, but to be sustained everyone needs to donate according to his ability to maintain the community medicine cabinet.

The advantages of tablets and via oral are:

- The cost is economic
- Hygiene for the use in the house has less possibilities of contamination and formation of microbes in comparison to the liquids.
- Avoids complications like in intravenous and intramuscular routes.
- Less pain and fear for the children that have recently been injected.
- Less allergic reaction orally than with injection

Specific Notes:

- Ampicillin now in 2005 is not preferred for shingella (Diarrhea with blood) for the resistance. Use Trimethoprim-Sulfamethoxazol or Nalidixic Acid.
- Tetracycline is not recommended for children because it causes dental damage. If there is cholera, refer them to the Health Center of the Hospital.
- Erythromycin is associated with a lot of diarrhea or stomach pain. For this reason it is not in the chart.

Suggestions and information for the mother about the use of tablets in infants and small children:

- Break up the tablet or open the capsule one dosage at a time.
- You can mix it with food, juice, clean water, or sugar.
- One teaspoon has 5ml. Remember this when you are estimating the quantity of medicine for example for treatment of candidiasis or if you are giving amoxicillin to infants
- When you have capsules, you should estimate to the half, or fraction.

