



How to take care of a child's skin with poor access to hot water

Wipe dirty areas with a towel previously damp with hot water. Use a dry towel to help your child get dry.

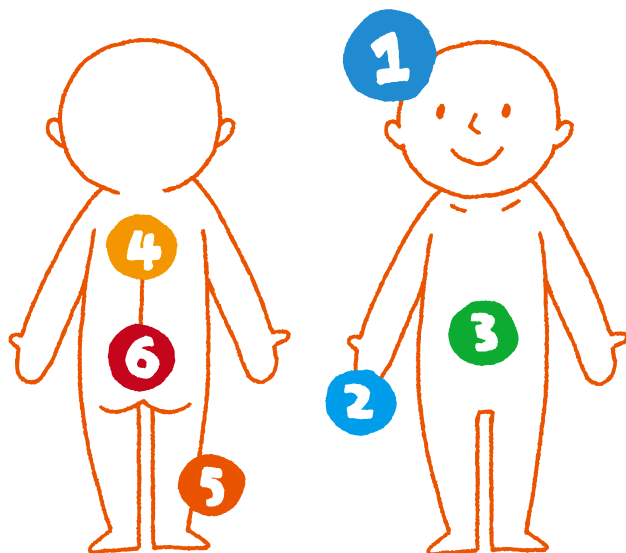
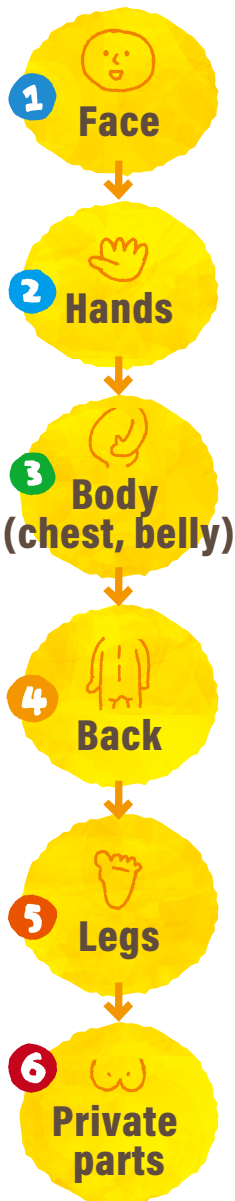
First, lather the soap with your hands. Next, wash the child's body with the lather, and then wipe it off several times with a wet towel so that no soap residue remains.

If regular towels are unavailable, use a paper towel.

Since children's private parts dirty easily, provided there is enough warm water, help them clean their private parts.

If there are enough towels, at the end, wipe them down once more with a dry towel.

Wiping - the correct order





How to avoid diaper rash

Wearing a diaper for too long, without the possibility of bathing your baby, can easily cause diaper rash. It is important to let those areas dry thoroughly before wearing a new diaper.

1 Wiping

Use a disposable cloth or a tissue to wipe off fecal matter.



2 Cleansing with lukewarm water

Cleanse your baby's back with lukewarm water kept in a plastic bottle. If necessary, warm the water up by rubbing the bottle against your body.



3 Soap + Water (once daily = OK)

First, use water with soap to cleanse your child, and then use lukewarm water to rinse the soap off.



4 Drying / Getting dry

Use a dry cloth to dry your baby before placing them in a diaper.





Protective measures against exposure to the cold



Make layers of air for heat insulation when dressing your child.

Make several layers of air by dressing your child in several pieces of clothing (use available clothes, towels, or shawls). Be careful not to make it hard for your baby to breathe due to heavy clothing.

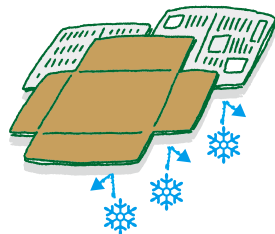


Protecting your baby against a cold draft

Have your child wear a raincoat or wrap them with plastic wrap to protect them against cold air.



Use layers of cardboard or newspapers when preparing a place for your baby to sleep.



Put your baby to sleep in a cardboard box that has been previously layered with towels or newspaper.



Massaging your baby's hands and feet effectively warms them up.





Bronchial Asthma

Allergies

● Avoiding common asthma triggers

Dust, smoke and strong odors may cause shortness of breath.

Watch out for tobacco smoke, particulate matter and dust from debris when folding and unfolding bedding.



● Use medication for asthma dutifully.



● During an attack and shortness of breath use medicine for bronchial asthma.

Remember to prepare sufficient amounts of medication for asthma in advance.





Food Allergies

Allergies

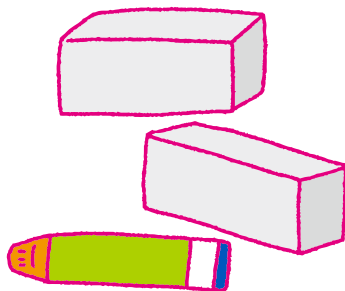
● Remember to alert others about your child's food allergies.

By no means feed a child with a food allergy products containing food allergens. Always remember to share information about your child's food allergy with food handlers.



● Prepare epinephrine injection or anti-histamine blockers in case of an allergic reaction in advance.

Keep medication for allergies close in order to treat sudden allergic reactions, and make sure in advance what to do when symptoms appear.





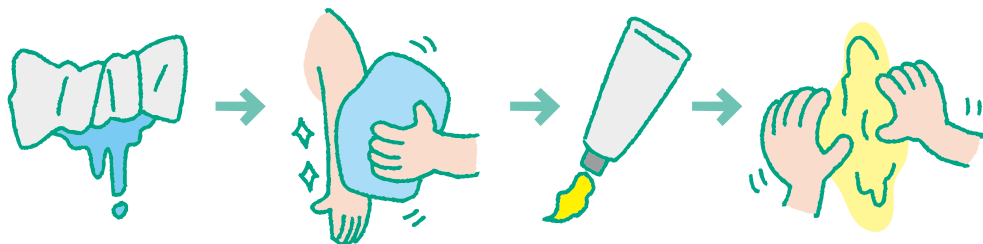
Atopic Dermatitis

Allergies

● Take care of personal hygiene as much as possible.

If showering or bathing is not possible, with a damp towel, wipe sweat and dust off of your child's skin with lukewarm (previously boiled) water.

After wiping, apply a moisturizer or a topical steroid to keep their skin moist.



● Pay great attention to precautionary measures.

Long breaks without showering or bathing will lead to a worsening of the skin condition.

For children who usually use topical steroids, it is advised to use an even stronger steroid, and for those whose atopic dermatitis is treated with moisturizers, it is sometimes recommended to decide to switch to the use of topical steroids earlier.





Taking care of yourself during pregnancy and postpartum



Mental Health

Pregnancy and postpartum are times of huge emotional changes even in times of peace.

In emergency situations, you can suffer from insomnia, helplessness, aggravation, hypersensitiveness and anxiety.

It is natural to feel overwhelmed during times like these.

Find people you can trust. Talk to them. You don't have to go through this alone!

**It is natural to
feel overwhelmed
in times of crisis.**



**Find people you can trust.
Talk to them.
You don't have to go
through this alone!**





How to support my child emotionally



Mental Health

During an emergency situation, children most often suffer from regression, night-time crying, behaving aggressively or uncharacteristically. It's a natural reaction to extreme circumstances. Children may keep repeating the same conversation over and over again or "play-pretend soldiers", recreating tragic scenes. This is their defense mechanism to help them cope with a difficult situation. This process is necessary for them in order to understand what they are currently experiencing on a deeper level.

Treat them with good care.

In difficult situations, children might not want to make their parents more worried; they might not want to talk about their fears and needs. Thus, taking care of a child, that seemingly looks fine, is of great importance in times of emergency.



Unless an unusual behavior prevents your child from functioning as usual, it is advised to just observe them.

If possible, play with your child, talk to them and hug them.





How to support my child emotionally



Mental Health

Reactions often seen in kids during times of emergency

- Regressive behavior
- Night-time crying
- Hyperactivity
- Apathy
- Lack of expression
- Nail biting, nervous twitch



Environment that your child needs in times of emergency

It is important to provide a safe environment for your child, where they can spend their time as usual – a place where they can play happily, without worries.





Breastfeeding techniques in times of emergency

Breastfeeding in times of emergency needs your urgent attention.

To breastfeeding moms

Mother's milk contains necessary antibodies that help strengthen a baby's immune system, and therefore it's important not to discontinue breastfeeding.

During an emergency, overwhelming stress might cause anxious thoughts about whether the mother's body will produce sufficient amounts of milk.

Milk production in the mother's body continues regardless.

Peace of mind, relaxation, and spending time with a baby are factors that contribute to milk production.





Breastfeeding techniques in times of emergency

When your baby feels that the atmosphere around them has changed, they might cry more than usual.

When your baby feels that the atmosphere around them has changed, they may cry more than usual and want to breastfeed more often.



**Is your baby healthy?
Has the number of times they need to
be changed increased/decreased?**



If you have noticed that your baby does not need to be changed as often as they used to, try these methods.
If applied methods fail, consult with a specialist.

When you feel like you don't produce milk anymore



Breastfeed on-demand

**Try changing
your baby's position**



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Breastfeeding techniques in times of emergency

Breastfeed on-demand

Feed your baby whenever they want it and for as long as they want. A mother's breasts are not only a baby's source of food but also a source of relief.



Try changing your baby's position

There are various techniques on how to feed your baby, however, there are some universal rules.

First, find a comfortable position.

Lean back or lay down...

Place your baby on your stomach (belly to belly).

Align your baby's body (ear, shoulder, hip in a straight line), making it comfortable for the baby.

Lay down
in a relaxing
position



Place your baby
on your stomach
(belly to belly)



Align your baby's body
(ear, shoulder, hip in a straight line),
making it comfortable
for the baby.

When you are in a comfortable position,
hold your baby tight against your stomach
(belly to belly).





Breastfeeding techniques in times of emergency

References: JOINT STATEMENT of Ministry of Health of Ukraine, UNICEF Ukraine and WHO Country Office in Ukraine Concerning Support Necessary to Ensure Proper Infant and Young Child Feeding in Ukraine(2014)(Exempts)

There is a common misconception that in emergency situations mothers cannot breastfeed their children properly due to stress or because they do not get the necessary nutrition themselves

The desire to help in this situation may lead to the distribution of inappropriate infant formulas or other milk products.

Scientific studies prove that stress and bad nutrition among mothers does not impact the quantity or quality of breast milk.

In emergency situations, it is necessary to pay attention to creating favorable conditions for breastfeeding, namely creating group or individual consultations, and the mutual support from a group of mothers.





Preventive Measures Against Infectious Diseases

In emergency situations, infectious diseases spread and change with time.

The diseases that occur in such circumstances are the ones we can observe more regularly, rather than the rare types.

During an evacuation

Infections caused by wounds and injuries



After one week

Gastrointestinal diseases such as the stomach flu or food poisoning occur due to contaminated food and water.



After a few weeks

Respiratory infections such as upper respiratory tract infections (URTI), bronchitis, and influenza, or measles spread in emergency shelters.





Viral infections spread through droplets

Common cold, influenza, whooping cough.

Best preventive measures



Handwashing and disinfection

Wash your hands under running water or disinfect them with an alcohol-based hand sanitizer. In the absence of running water, you may use wet tissues or baby wipes.



Protective face masks

Cover your mouth and nose with a tissue when coughing and sneezing. Wear your protective face mask if coughing persists.



How do you treat your child's fever?

If you don't have a thermometer to check your child's body temperature, it is alright if they are eating, resting, and playing as usual.



How do you treat a persistent cough in your child?

If the persistent coughing does not let your child sleep well, seek the advice of a specialist.





Diarrhea

Countermeasures and symptoms-handling

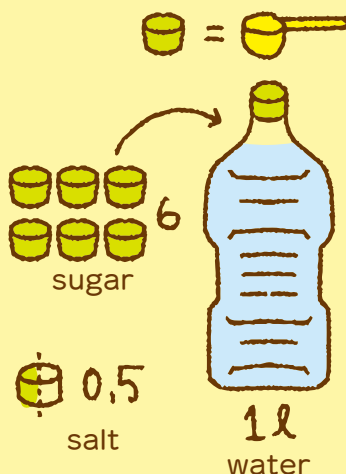
Treatment



Remember to keep your child hydrated.

An effective way to prevent dehydration is to replenish electrolytes regularly (ORS).

**Add 6 teaspoons of sugar
+
0.5 teaspoons of salt
to 1L of water.**



If you don't have a teaspoon, use a plastic bottle cap (5cc).

(If possible) add and stir 100ml orange juice, which will also replenish their potassium levels.

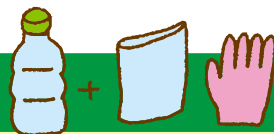




Diarrhea

Countermeasures and symptoms-handling

How to dispose of bodily fluids



Chlorine-based disinfectant



plastic bag

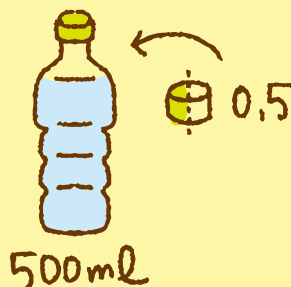


disposable rubber gloves

Use a chlorine-based disinfectant.

Mix 500 ml of water (a plastic bottle) + half of a PET bottle cap of chlorine-based disinfectant.

It is crucial to use proper sanitation for noroviruses, which cause digestive tract infections (gastroenteritis).



Gather enough supplies of plastic bags and rubber gloves in advance.

Remember to use rubber gloves to prevent skin irritation.

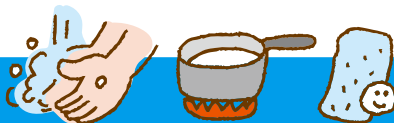




Diarrhea

Countermeasures and symptoms-handling

Preventive measures

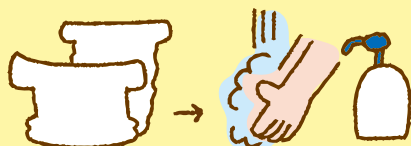


Handwashing + cooked meals + personal towels

Wash your hands thoroughly

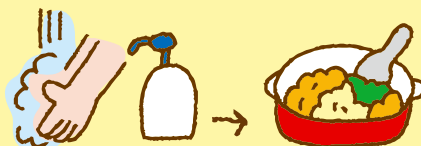
Before each meal and after using the toilet or diaper changes, disinfect your hands with an alcohol-based hand sanitizer or wash them with soap.

Use wet tissues or wet wipes in case of water shortages.



Diaper
changing

Hand
sanitation



Hand
sanitation

Meals



If possible eat cooked meals.

Do not share towels.

Use a personal towel or paper towels.

Diaper changing



Wear a protective face mask and rubber gloves while changing diapers. Place the soiled diaper in a plastic bag (use two if possible) and tie it firmly.

Wash your hands thoroughly after each diaper change.





How to take care of a child and their safety in crisis situations

Remember!

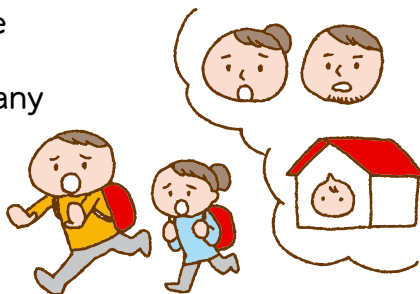
1

Children cannot accurately judge the situation or recognize danger. It is important to guarantee proper care and safety under adult supervision.



2

There may be instances where children are separated and evacuated to a place without any adult supervision. Consider how to keep them safe and help them reunite with parents or guardians.



3

Crime prevention is crucial at shelters. Children, in particular, can be victims of sexual abuse and kidnapping. Take adequate countermeasures against these crimes.

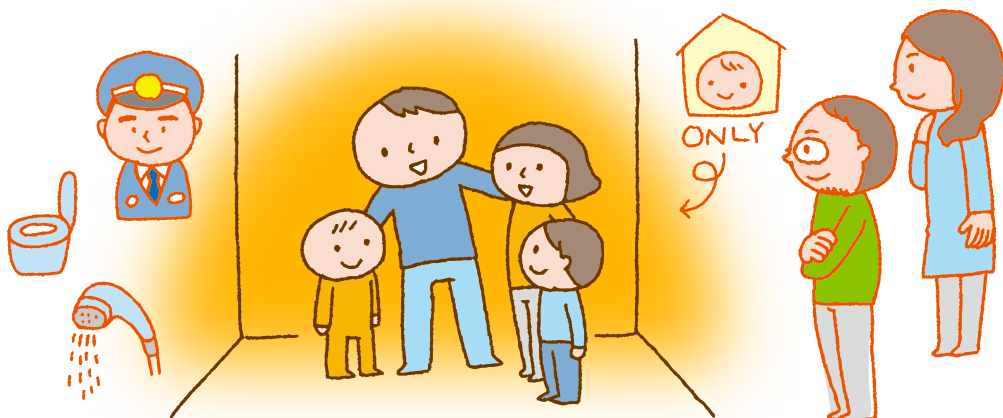




How to take care of a child and their safety in crisis situations

Methods

- ! Gather children without parental supervision in a “childcare space” where children will be safeguarded by responsible adults.
- ! Childproof the “childcare space” thoroughly – dispose of all dangerous and sharp objects that could cause injuries.
- ! Guarantee constant adult supervision. Establish a security system against crime.
- ! Organize a shelter patrol with the help of police.
- ! Work with groups of volunteers and evacuees, who with the help of police, will prevent children from being sexually abused around toilets and bathing facilities.





Countermeasures against child health hazards in crisis situations

Remember!

1

In crisis situations, a child's routine becomes disrupted, resulting in sleep deprivation, lack of physical exercise, and improper nutrition.



2

The meals in evacuation shelters usually lack nutritional balance.



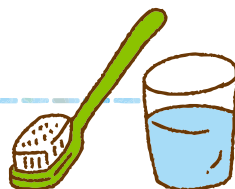
3

A nutritionally unbalanced diet and lack of exercise may result in constipation.



4

Due to the shortage of toothbrushes or clean water to gargle with in an evacuation shelter, the evacuees may struggle with oral cavity hygiene.



5

Insufficient oral cavity hygiene and an irregular diet can lead to cavities.





Countermeasures against child health hazards in crisis situations

Management methods

Support groups should organize a special space for children to play:

Securing a peaceful, safe place for children to spend their day will help them rebuild their daily routine, and playing with friends will improve their mental health.



Preventing cavities:

Learn the dietary regiment of the shelter because it's important to have nutritionally balanced and regular meals.

If your child doesn't have a toothbrush to use after eating, they can gargle, and use a handkerchief or a tissue to brush their teeth effectively.

