



**an information
booklet for parents
and children.**

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Produced by
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illustrated by

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blood



Normal **blood**



Sickle Cell Anaemia

is a **blood** disease.

You get it from
your parents
It is not catching.



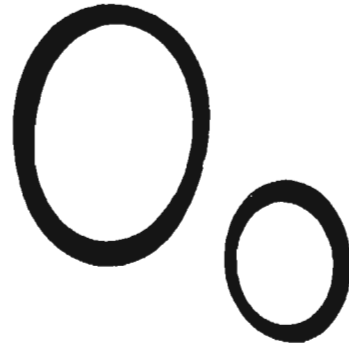
Sickle Cell Trait

is not a disease.

You do not get sick
but you can pass
the sickle **blood** on
to your children.



what is
**sickle cell
anaemia?**

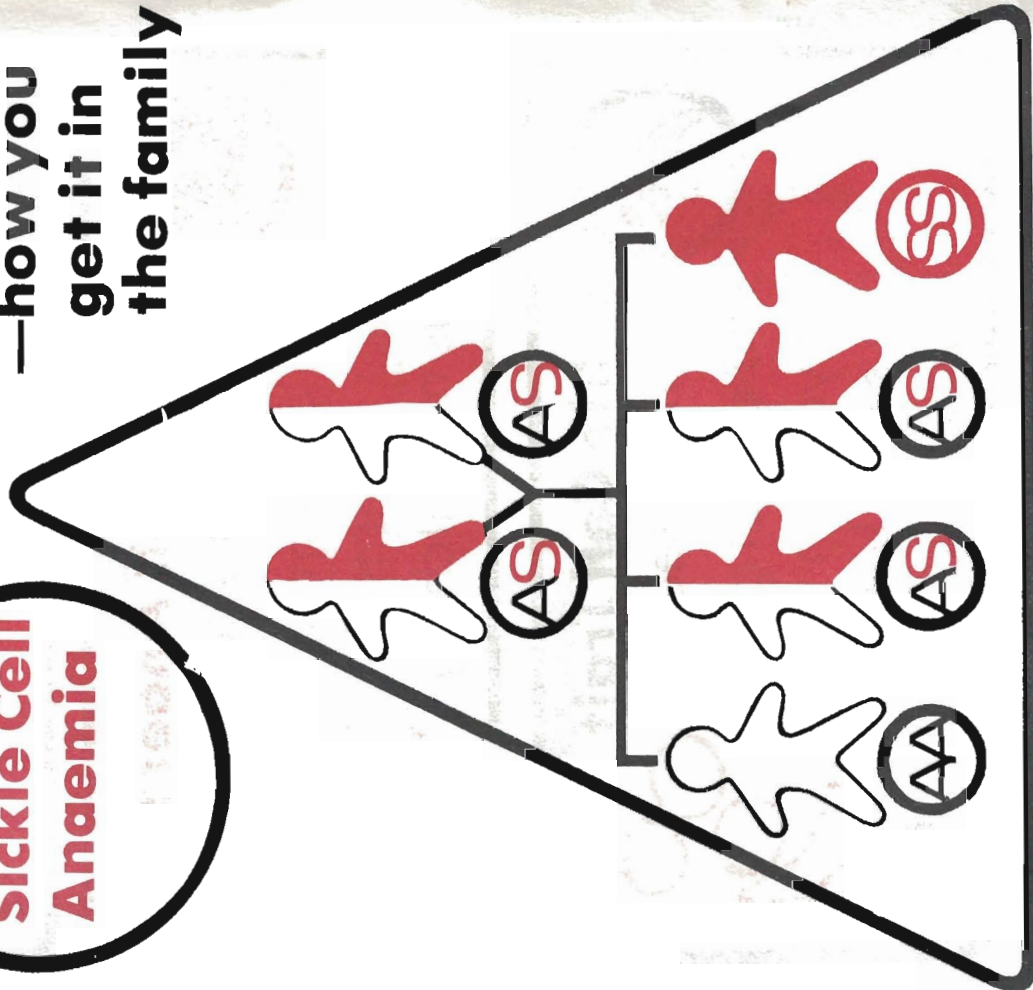


If both parents have Sickle cell trait, they can have a child with Sickle cell anaemia.

family

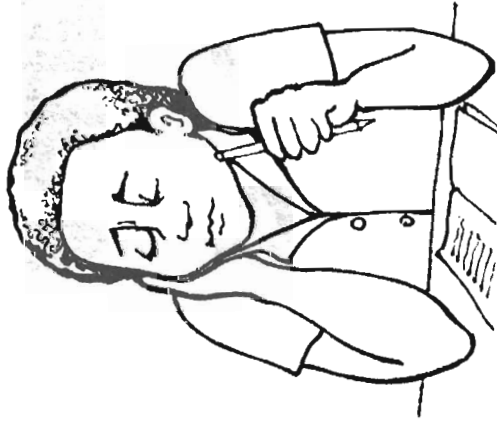
**Sickle Cell
Anaemia**

—how you
get it in
the family



**for each
pregnancy
there is a
1 in 4 chance
that the child
will have
sickle cell
anaemia**

anaemia



Most children with Sickle cell disease are **anaemic**.

Anaemic children may look pale and feel tired.

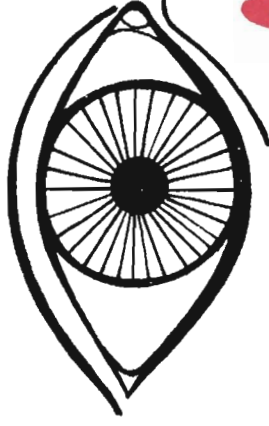
If the child is very pale mothers should feel for the **spleen**.



If spleen feels large, **go to the doctor**

jaundice

Many children have yellow eyes.



This is called **jaundice**.

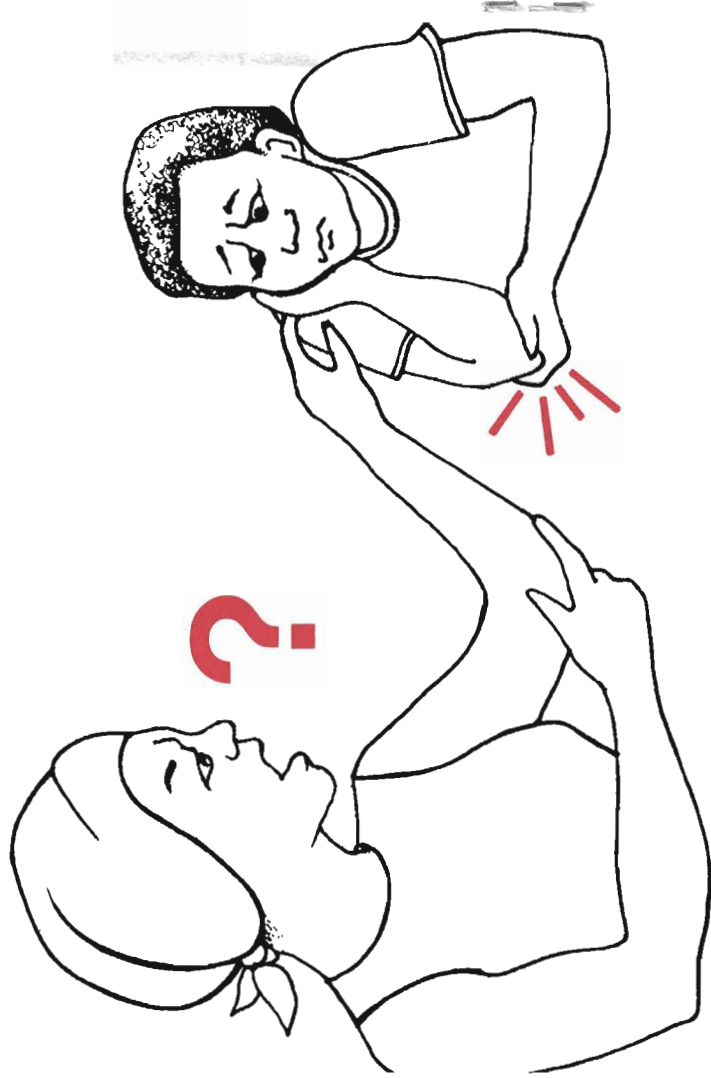
You get **jaundice** when blood cells die off quickly.

It is not liver disease.
It is not catching.

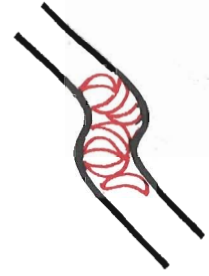
If your eyes turn very yellow **go to the doctor.**



pains

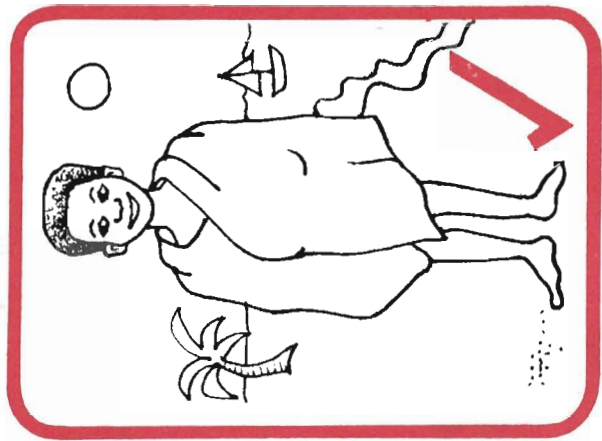
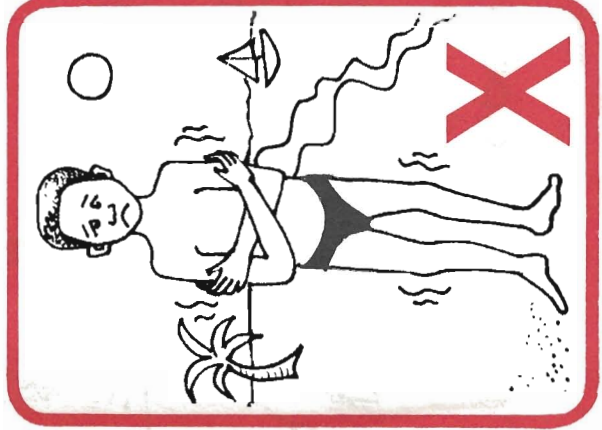


You get **pains** when the sickle cells stop the blood to the bones or the belly



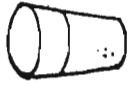
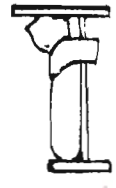
**You can prevent pains
and you can help pains ...**

Prevent pains —
don't catch a chill.



Help pains —

- ✓ keep warm and rest
- ✓ drink plenty liquids until urine is clear
- ✓ take Cetamol or aspirin every 4 hours.



Come to clinic if

- pains are too bad and you have swelling
- you are vomiting



fever



You can get **fever** from pains or from infections.



Children with Sickle Cell Anaemia can not fight the infections well.

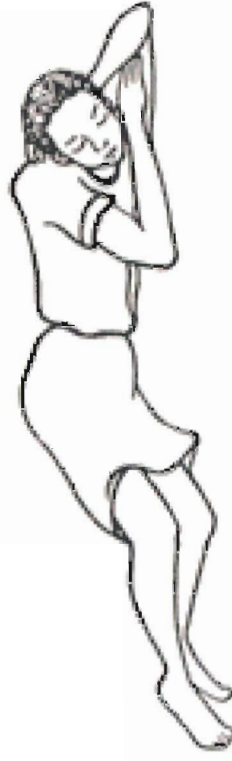
FEVER is a very helpful
WARNING:

Something is **wrong!**

**Do not suppress
the fever**

but

Go to your doctor if
the temperature is above
38,5°C





ulcers

Big children and adults get **ulcers** on the ankles

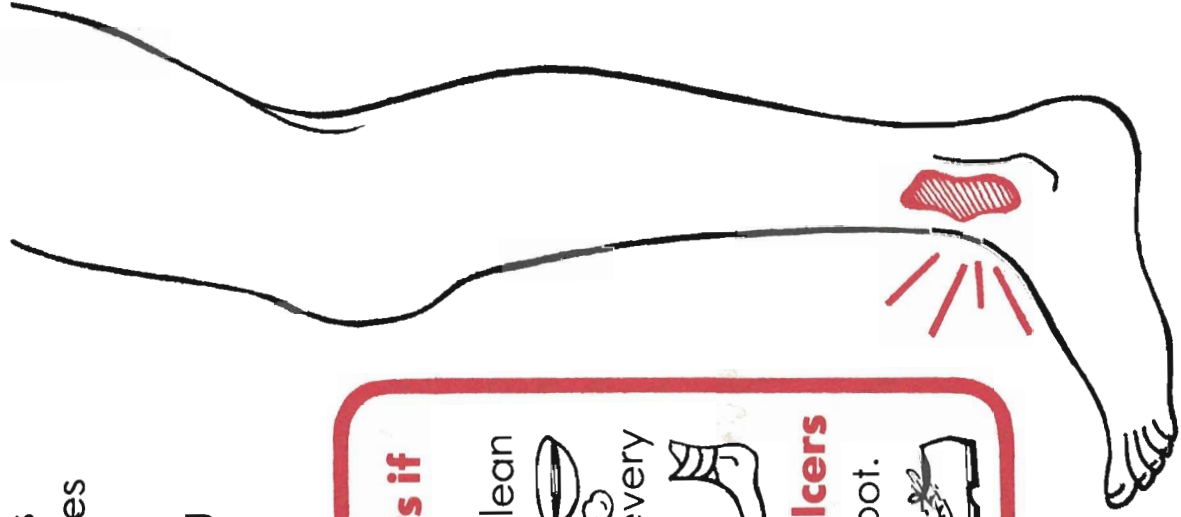
Leg **ulcers** take a long time to heal.

You can help ulcers if

- you keep them clean 
- you dress them every day 

You can prevent ulcers

if you don't go barefoot.



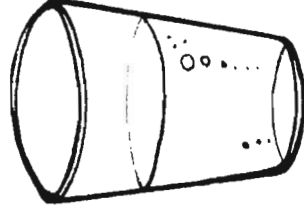
urine

If you don't drink plenty, your **urine** may be very dark

If you see **blood** in your **urine** **go to the doctor.**



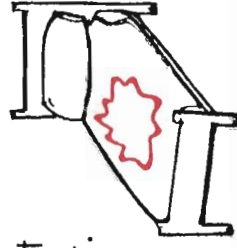
Drink plenty



of liquids

Children who drink a lot need to 'wee wee' a lot.

Don't get vexed if they wet their bed.



diet

People with Sickle cell anaemia may not want to eat plenty.

They don't have to eat special food



They need a balanced **diet** of :

cereal
fruit
meat
vegetables



don't take

- tonics
- iron medicines



do take

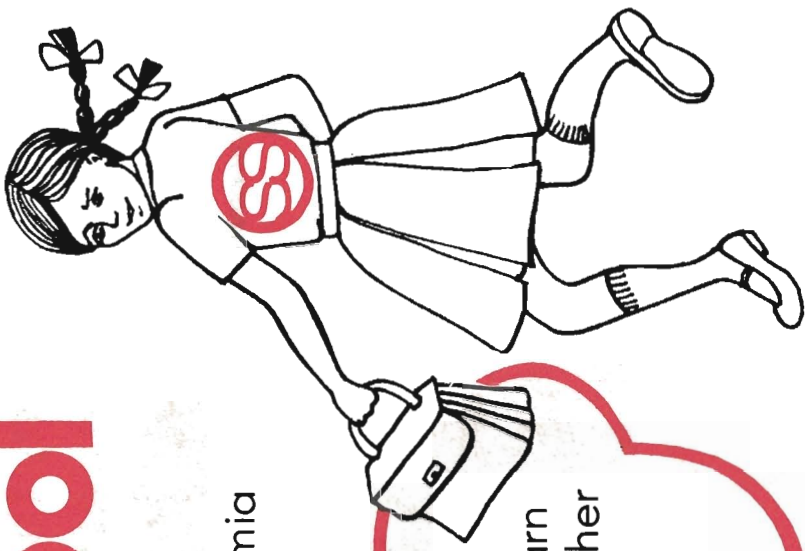
- folic acid
- vitamin pills



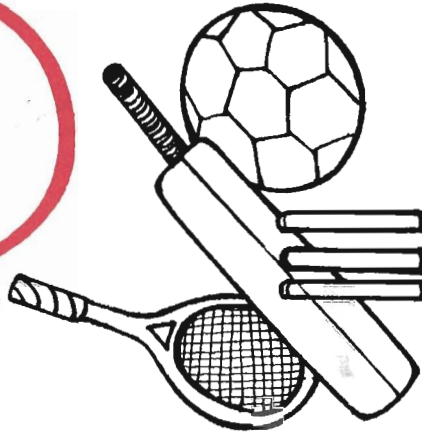
from
the doctor.

school

Children with Sickle cell anaemia are sensible



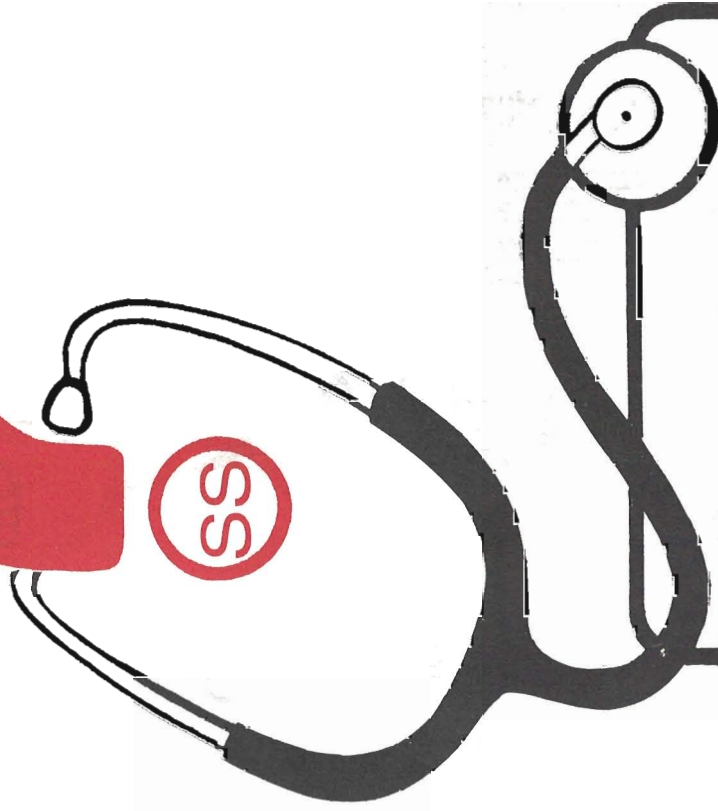
They can learn as well as other children ...



They can take part in all **school** games

They must try to go to school every day

**If there is anything
you don't understand ...**



Ask at the clinic.

