# Key Messages Upon Admission to Outpatient Care

*Adapted from Valid International. 2006. Community-based Therapeutic Care (CTC): A Field Manual. Oxford, UK: Valid International.*

1. RUTF is a food and medicine for very thin and swollen children only. Do not share it.
2. Sick children often don’t like to eat. Give small regular meals of RUTF and encourage the child to eat often (if possible, 8 meals a day). Your child should have \_\_\_\_\_\_\_ packets a day.
3. For young children, continue to breastfeed. Offer breast milk first before every RUTF feed.
4. RUTF is the only food sick and thin/swollen children need to recover during their time in Outpatient Care. Always give RUTF before other foods, such as porridge (use local name).
5. Always offer the child plenty of clean water to drink while eating RUTF. Children will need more water than normal.
6. Wash the child’s hands and face with soap before feeding. Keep food clean and covered.
7. Sick children get cold quickly. Always keep the child covered and warm.
8. For children with diarrhoea, continue feeding. Give them extra food and water.
9. Return to the health facility whenever the child’s condition deteriorates or if the child is not eating sufficiently.

**Note:** Ask the caregiver to repeat the messages to be sure they have been correctly understood.

Upon the next visits to the health facility, the health and nutrition messages are expanded (see **Job Aid. Health and Nutrition Education Messages)**