

After Birth, All Mothers and Newborns Need to Stay in the Facility for at Least 24 Hours to Receive Necessary Health Checks, Counseling and Care Before Discharge

Before Discharge, Every Mother and Newborn Needs Counseling and Care

**Make Sure the Following Criteria Have Been
Met Before They Leave the Facility**



For all mothers and newborns:

- ✓ It has been more than 24 hours since an uncomplicated vaginal birth.
- ✓ The mother has been counseled on exclusive breastfeeding, hygiene, newborn care, maternal and infant nutrition, postpartum depression, sleeping under a long-lasting insecticide-treated net, follow-up care for the mother for any medical conditions (e.g., high blood pressure), resuming sexual relations, and ensuring safe sex.
- ✓ The mother has been counseled on postpartum family planning—including the benefits of spacing births at least 2 years apart.
- ✓ The woman has started her contraceptive method of choice (as available) and has been referred for family planning follow-up.
- ✓ The mother and family have been informed about danger signs and where to seek help if any danger signs occur.
- ✓ The baby has received immunizations (according to the national guidelines) and been linked to the immunization register.
- ✓ If the mother is living with HIV, she and the newborn have received ARVs.
- ✓ Follow-up has been scheduled for postnatal care (on Day 3, at 7–14 days, and at 6 weeks), immunization, and family planning.



Any mother with any of the following symptoms needs to stay in the facility for further care:

- ✓ Any danger sign: heavy bleeding, severe abdominal pain, unexplained pain in chest or legs, visual disturbance or severe headache, breathing difficulty, fever, chills, or vomiting
- ✓ Bleeding that is heavy or has increased since birth (e.g., bleeding soaks a pad in less than 5 minutes)
- ✓ An abnormal vital sign: high blood pressure (SBP > 140 mmHg or DBP > 90 mmHg), fever (> 38.0°C), or heart rate (> 100 beats per minute)
- ✓ Inability to urinate easily or leaking urine
- ✓ Treatment for a complication and a condition that has not stabilized (e.g., vital signs are not normal or she has a danger sign)

Any newborn with any of the following symptoms needs to stay in the facility for further care:

- ✓ Fast breathing (> 60 breaths/minute), severe chest in-drawing, fever (temperature $\geq 37.5^{\circ}\text{C}$ axillary), hypothermia (temperature < 35.5°C), yellow palms (hands) or soles (feet), convulsions, no movement or movement only on stimulation, feeding poorly or not feeding at all
- ✓ Breastfeeding less than every 2–3 hours (day and night)
- ✓ Weighs < 2,500 g
- ✓ Has not passed urine and/or stool
- ✓ Umbilical stump that is bleeding or has discharge, a foul odor, or redness around it

