

Case Study Health

AMINATA'S STORY SIERRA LEONE



Summary

Sierra Leone is still recovering from the civil war that lasted through the 1990s and ended in 2002. More women die from childbirth-related causes in Sierra Leone than anywhere else in the world and more children die before their fifth birthday.

Aminata has two children, but she lost three other children to diarrhoea and fever – conditions that could have been easily treated with the right medicines. She lost her children during the war, when there were no clinics and no medicines readily available.

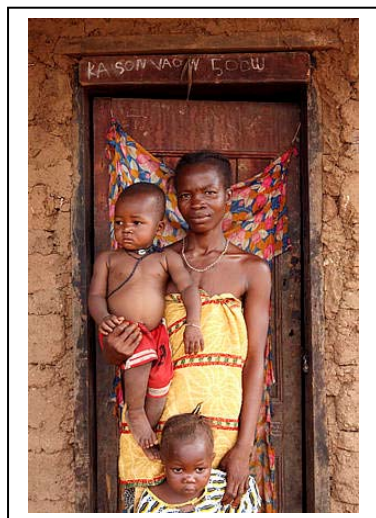
Aminata now takes her children to a free Save the Children-supported clinic. She's learned about the benefits of breast feeding, good hygiene practices, and why to use a mosquito net. Her two children have also been immunized. She says they are now much healthier, and she doesn't have to worry about their future.

We Save the Children  Will you?

Aminata's Story

"I have two children, Fatmata is three and James is one. I also had three other children that I lost a boy called Moiwo who was eight months old, then a girl called Amie at three months old and a boy called Aruna who was two months old. It was during the war and we had no mosquito nets, no clinics and no medicine. When we needed medicine we would buy it from peddlers, but we had no way to know if it was the right medicine.

The problems I face as a mother are feeding my family, then clothes and education – Fatmata has just started school. For children in this community, the biggest problems are fever and diarrhoea.



Now there is a clinic and when I had James they told me how to keep him healthy. They told me that I should breastfeed him for six months and then not to feed him with my hands because they can be dirty; I should use a spoon and feed him Benimix, baby food.

I have a bed net now, I got it here in the clinic. They told us to sleep under it so that the children don't get bitten and get malaria.

Also immunisations are important; my children have had all their immunisations. Since the immunisations we have not experienced measles here, neither of my two small children have had it.

My two children are healthier now because we have the clinic. When they get ill I come straight here to the clinic and they give us medicines and tell us how to use it. I used to worry James and Fatmata may also die, but the kind of diseases that killed my other children can now be managed very well here at the clinic, so if they get them they will recover"

"The clinics have changed my life a lot. Everyone here comes to the clinic; we trust them a lot."

What we do in Sierra Leone

We're improving the health of 74,000 children under five, 95,000 adolescents and 18,000 pregnant women

We're helping more children complete their primary school education

We're enabling 6,000 children to protect themselves from abuse and exploitation

Cost examples

£10 would buy blankets to prevent five children catching pneumonia

£20 would buy a Blue Flag Volunteer kit containing simple items like oral rehydration salts to treat children suffering from diarrhoea

£50 would buy vaccinations to protect a class of 50 children from catching measles

Aminata with her two healthy children



**Aminata now has mosquito nets to keep her family
safe from malaria**

