

# Contents

Preface	v
<b>1. Introduction</b>	<b>1</b>
<b>2. Prevention of vitamin A deficiency, xerophthalmia, and nutritional blindness in children</b>	<b>3</b>
Rationale	3
Safety	3
Universal distribution	3
Targeted distribution to high-risk children	4
Targeted distribution to pregnant women	5
<b>3. Treatment of xerophthalmia</b>	<b>6</b>
Young children	6
Women of reproductive age	7
<b>4. Treatment during measles</b>	<b>8</b>
<b>5. Operational issues</b>	<b>9</b>
Vitamin A preparations	9
Vitamin A units	10
Storage considerations	10
Sources of vitamin A supplies	11
Logistics	13
Training	17
Monitoring and evaluation	18
Selected further reading	19
Annex 1. Members of the WHO/UNICEF/IVACG Task Force	21
Annex 2. Countries categorized by degree of public health importance of vitamin A deficiency, by WHO region	22
Annex 3. Scientific rationale for vitamin A supplementation	24
Annex 4. Stability of common vitamin A preparations	27