



No. NHMHP-MTH0JSSK/1/2019-MH-Section-NHM - 10366
National Health Mission
Himachal Pradesh

To,

All the Chief Medical Officers,
Himachal Pradesh

The Medical Superintendents,
RH Bilaspur/ RH Chamba/ RH Hamirpur/
ZH Dharamshala/ RH Kullu/ ZH Mandi/
ZH Shimla/ RH Nahan/ RH Solan/ RH Una/
CH Rohru/ MGMSK Khaneri, Shimla

The Medical Superintendent,
KNH/IGMC, Shimla / Dr. YS Parmar Med. College, Nahan/
Dr.RPGMC, Tanda/RGRAH, Paprola, Kangra
Pt. Jawahar Lal Nehru Govt. Med. College, Chamba/
Sh. Lal Bahadur Shastri Govt. Med. College, Mandi

MISSION DIRECTOR (NHM)
17 DEC 2020
Shimla-9 (H.P.)

Dated Shimla-9, the

Subject: Guidelines for administration of Folic Acid.

Sir/Madam,

This is in reference to the earlier guidelines of Folic Acid issued vide letter No. HFW-H(NRHM)/GAM/2012 dated 12th July, 2016. In this regard, it is once again reiterated that:

"all women in the reproductive age group should be advised to have Folic Acid for 2-3 months pre-conception and continue with it during the first 12 weeks of pregnancy. This remarkably reduces the incidence of neural tube defects in the foetus. A daily dose of 400 mcg Folic Acid taken orally is the recommended daily dose."

Now, Tablet Folic Acid 400 mcg is a part of the state Essential Drug List. You are requested to ensure that the guidelines are adhered to strictly.

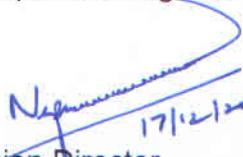
MISSION DIRECTOR (NHM)
17 DEC 2020
Shimla-9 (H.P.)

Nep...
17/12/20
Mission Director,
National Health Mission,
Himachal Pradesh

Endst No. As above
Copy to:

Dated Shimla-9, the

1. The Secretary (Health) to the Government of Himachal Pradesh for information please.
2. The Director Health Services, Himachal Pradesh for information please.
3. All the Deputy Commissioners, Hiamchal Pradesh for information please.
4. The Principal, IGMC, Shimla/ Dr.RPGMC Tanda, Kangra/ RGRAH, Paprola, Kangra/ Dr. Y.S.Parmar Medical College, Nahan/ Pt. Jawahar Lal Nehru Govt. Medical College, Chamba/ Sh. Lal Bahadur Shastri Govt. Medical College, Mandi for information please.
5. The Consultant (HMIS), NHM with the direction to upload the guidelines on NHM portal.


17/12/20.
Mission Director,
National Health Mission,
Himachal Pradesh