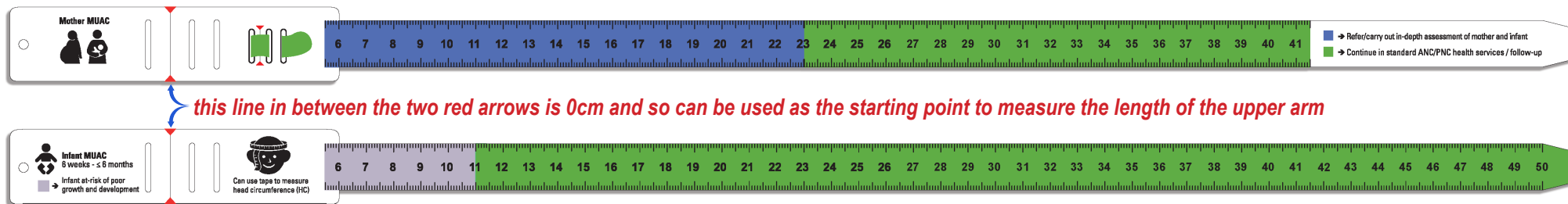
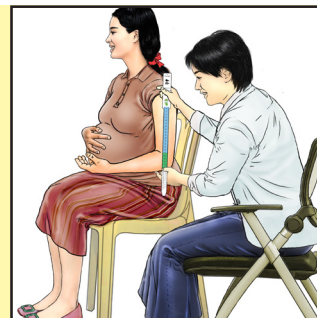


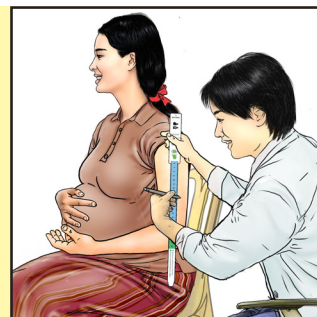
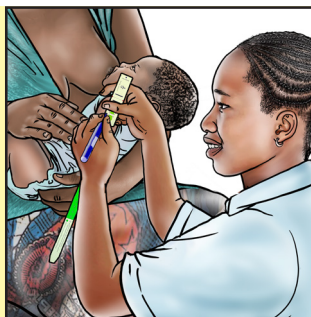
How to use the Mother-Infant MUAC Tape



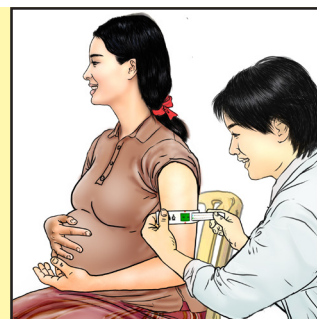
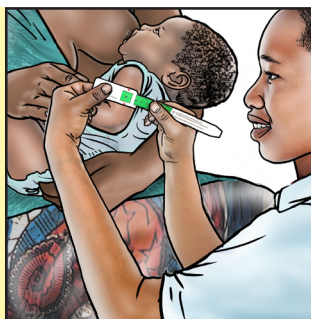
1. Bend the left arm to a 90-degree angle (for infants it can be left or right).
2. Find the tip of the shoulder and the tip of the elbow.
3. Use the MUAC tape to measure the length between these two points.



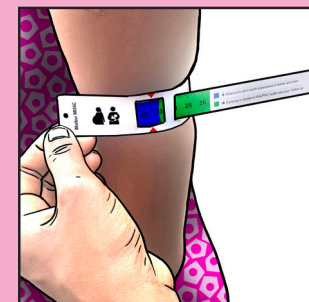
4. Use a pen or your finger to mark the mid-point of the upper arm (don't forget to remove any pen marks when you are finished).
5. Wrap the MUAC tape around the arm over this mid-point.



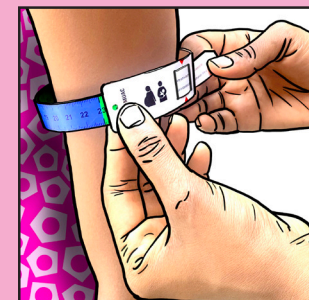
6. Thread the tape through the slits so you can see the numbers and colour between the two small red arrows.
7. Make sure the tape is not too tight or too loose – it should fit snugly with no gaps.
8. Record the measurement and colour you see between the two red arrows, use the line between the red arrows to guide you.



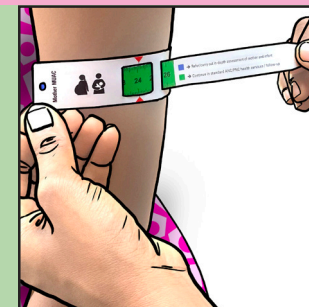
**MUAC
tape
is too
tight**



**MUAC
tape
is too
loose**



**Correct
tape
tension**



REMINDER: Infants 6 weeks to 6 months of age: MUAC <110mm (<11cm) = at risk of poor growth and development (violet colour). Pregnant and breastfeeding women: MUAC cut-off according to national guidelines.

MUAC = mid upper-arm circumference