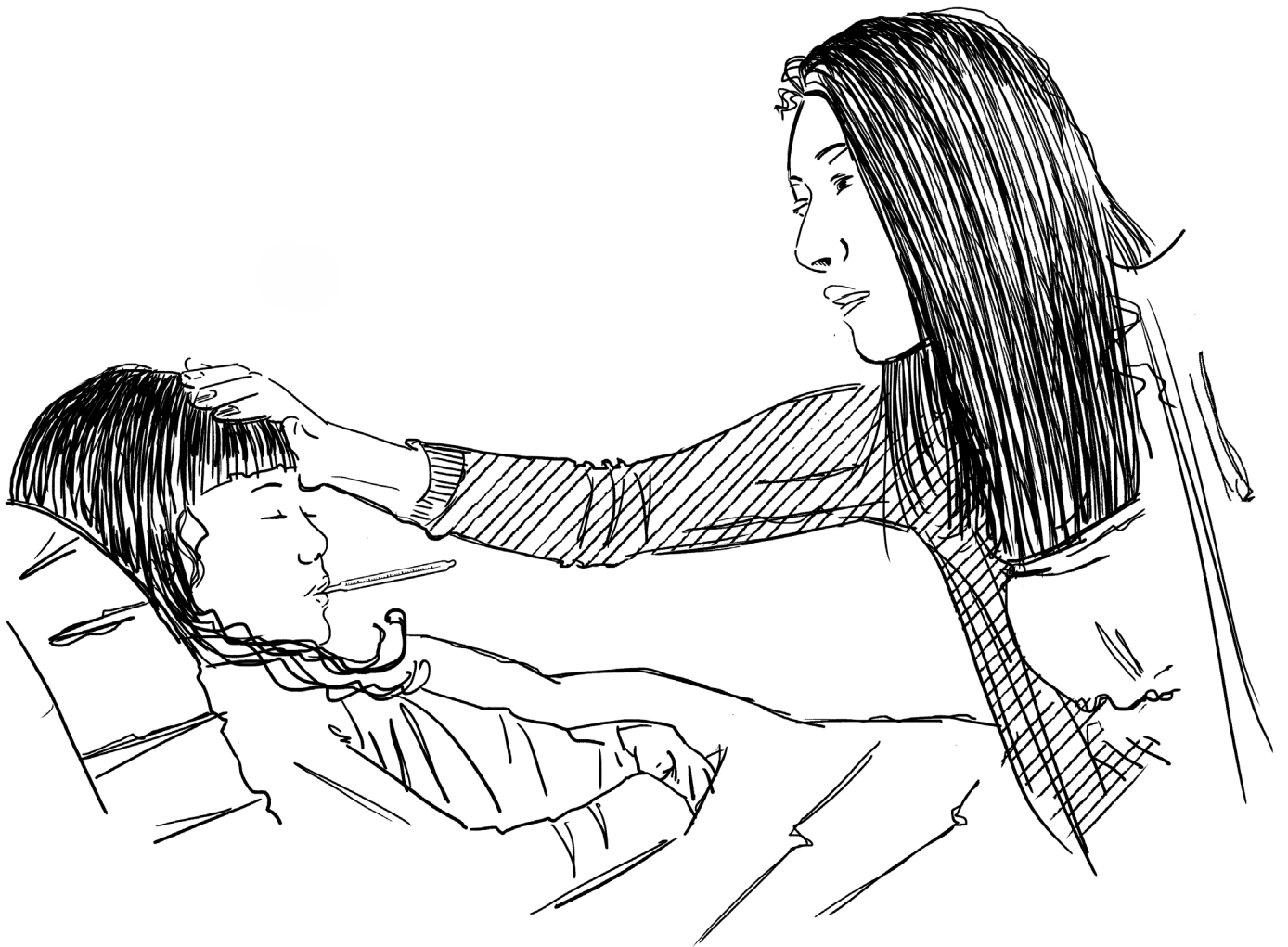


Children with diarrhoea need rehydration, give them oral rehydration solution.



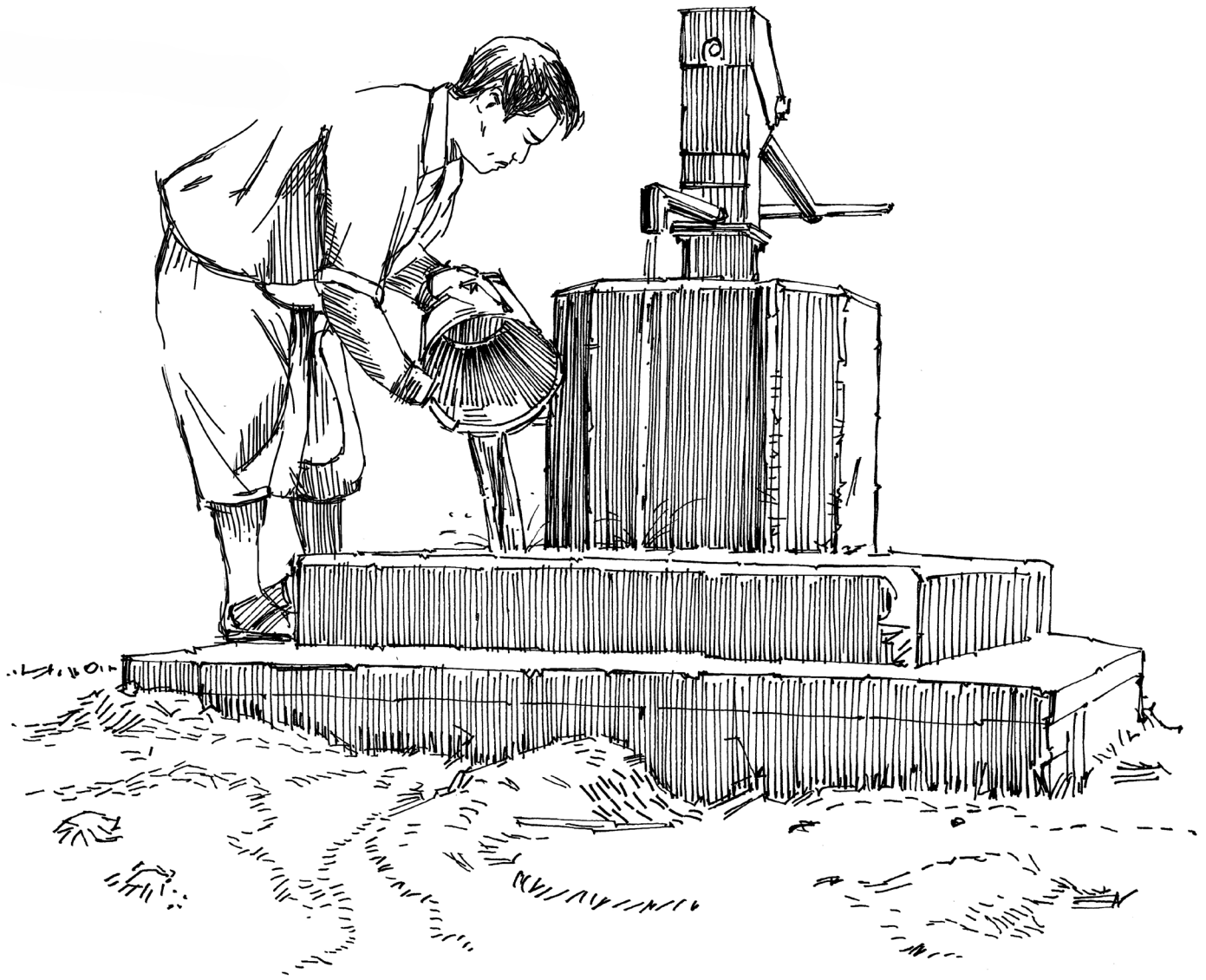
To manage a fever - cool  
the body down and drink  
lots of fluids.



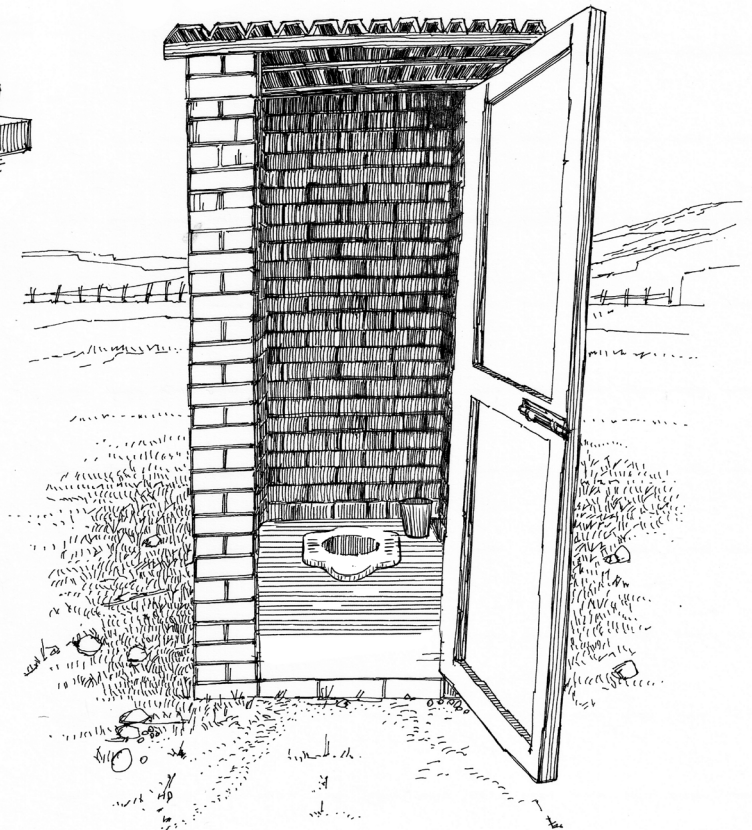
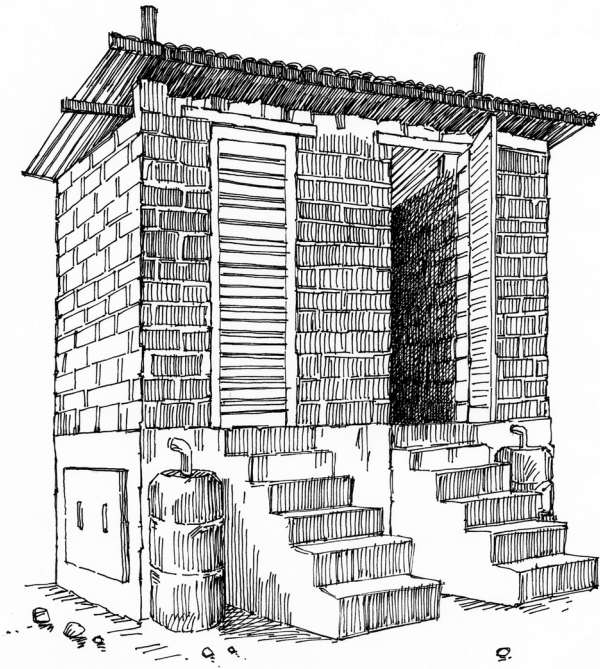
Breastfeeding is nutritious  
and can prevent diseases.



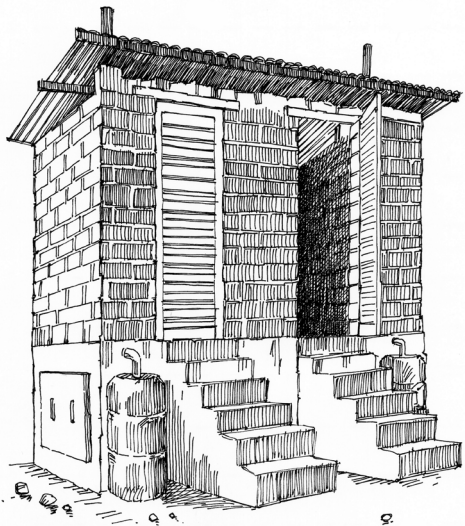
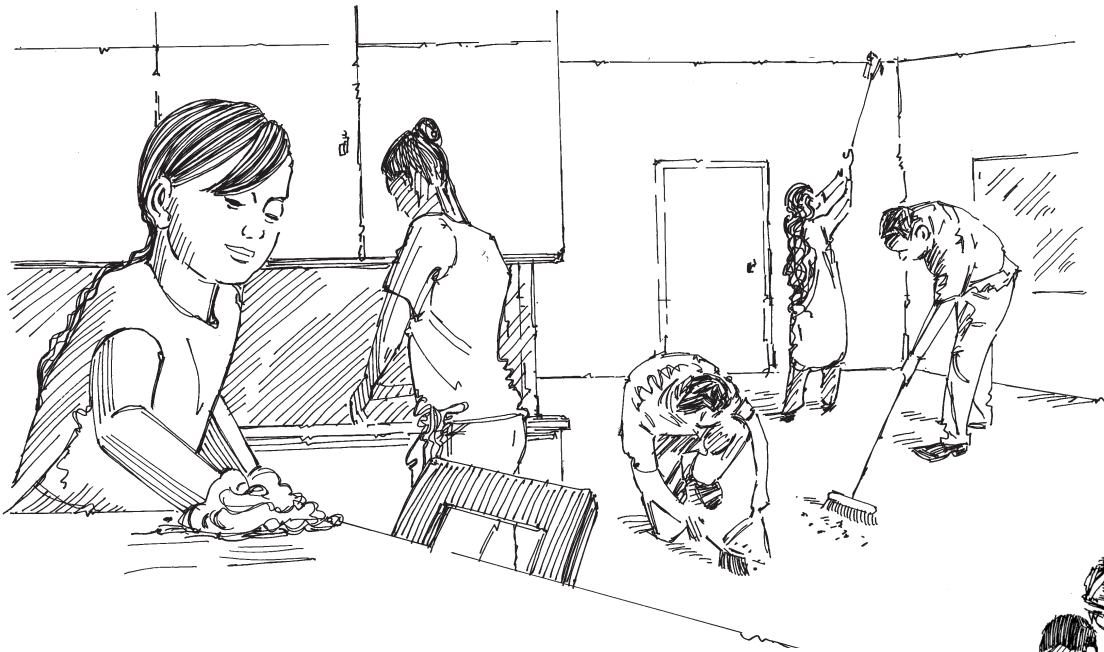
Dirty water can cause  
sickness, keep your  
water clean.



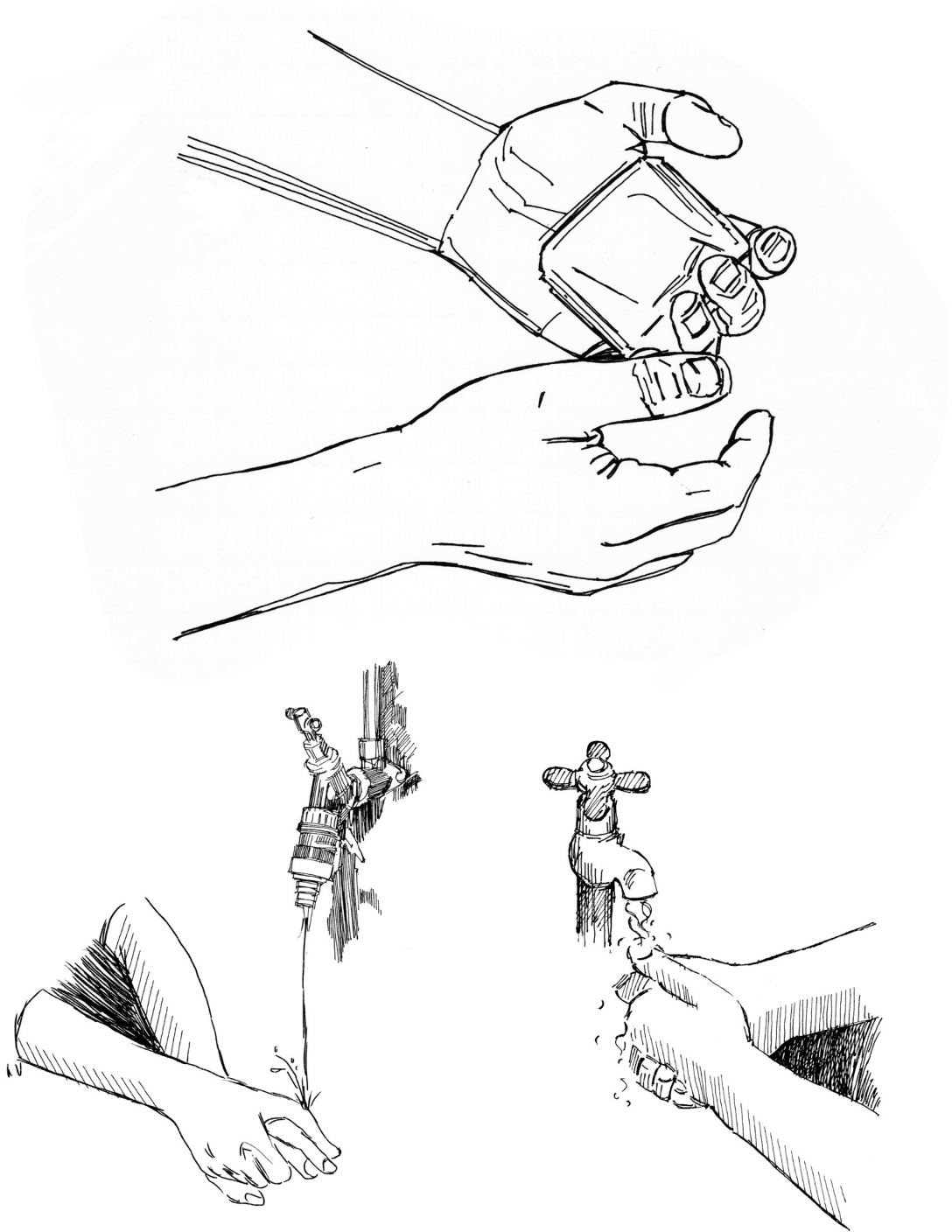
Always use clean and  
protected water sources.



Clean and proper toilets  
are good for health and  
prevent diseases.



Good sanitation keeps away disease. Use latrines, dispose of rubbish and get rid of standing water.

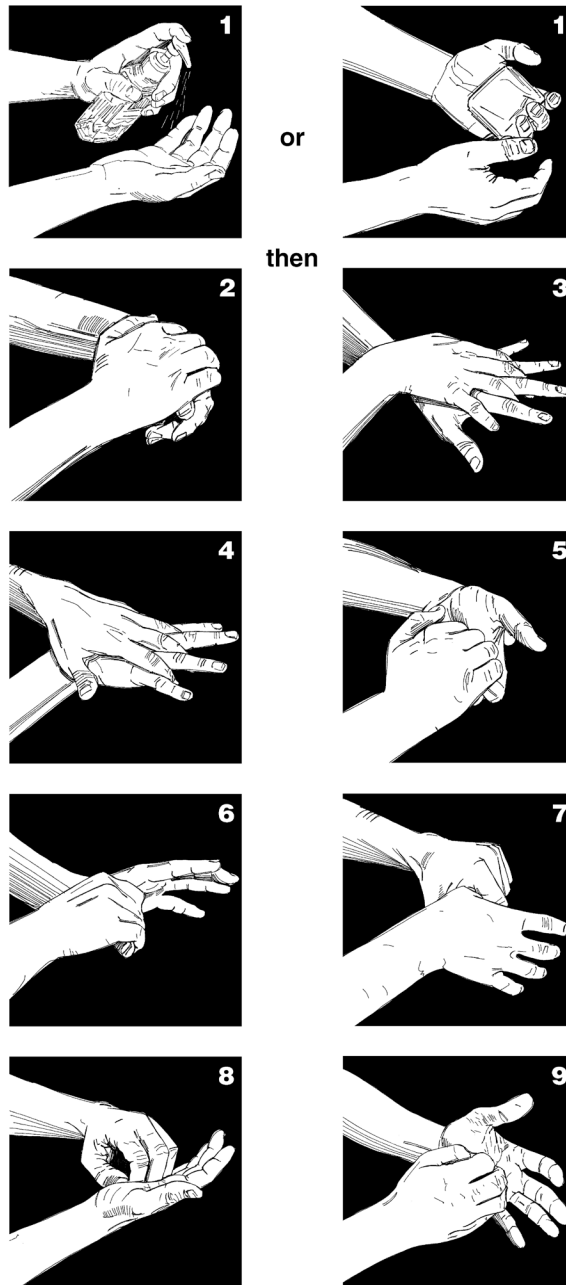


Washing hands with soap  
stops disease.



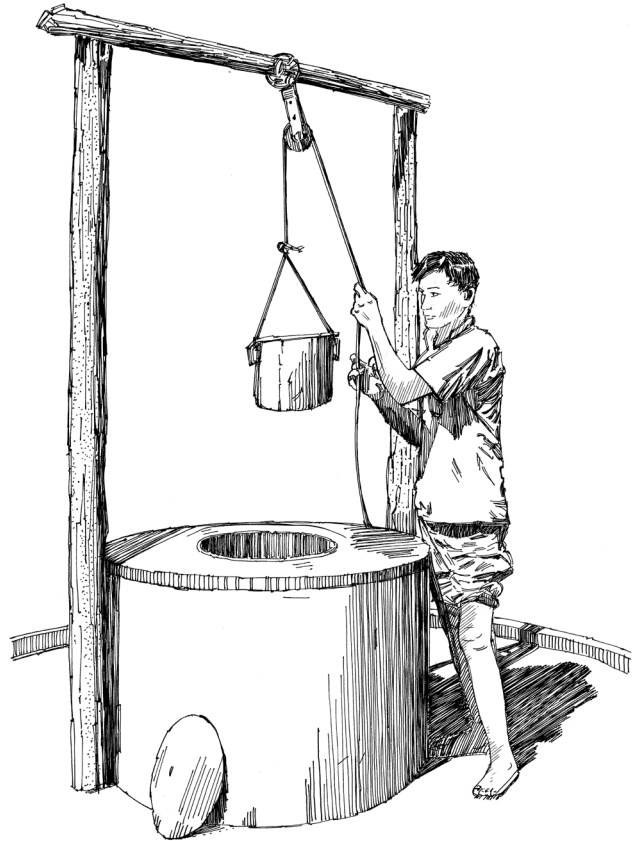
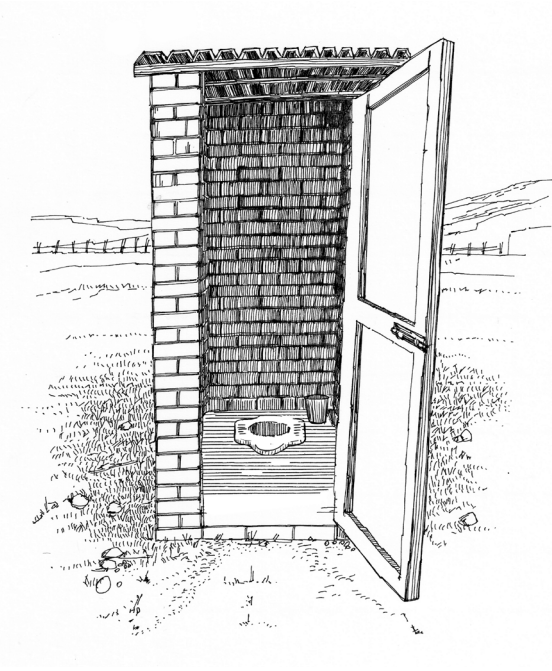


Wash your hands after  
going to the toilet and before  
and after eating.

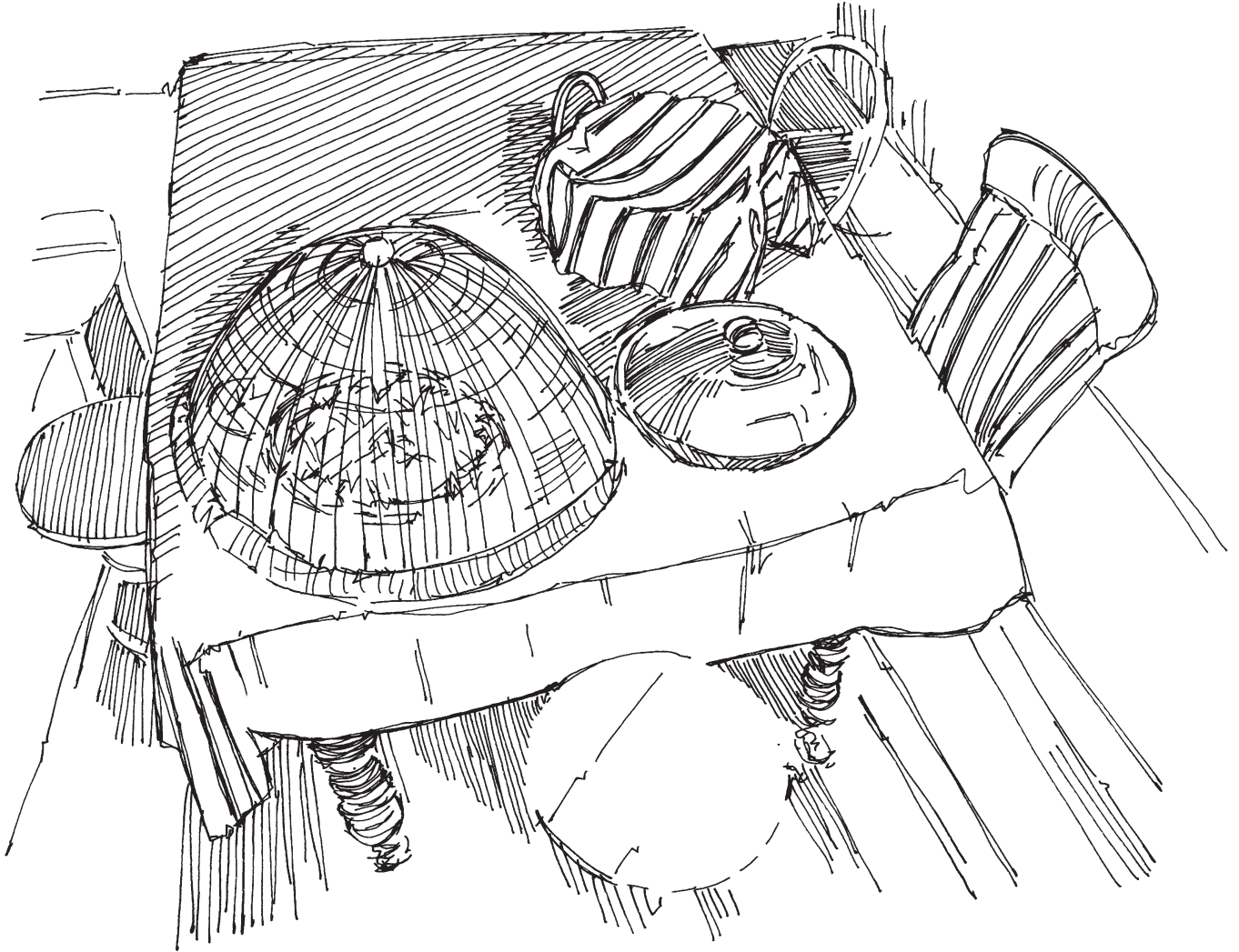


Rinse well

Washing your hands properly during an epidemic can help stop the spread of germs.



Keep your community clean.  
This will help prevent germs  
from spreading.



Keep food clean =  
stay healthy.



Personal hygiene keeps  
germs away. Be sure  
to bathe often.



Vaccinations for polio can  
protect your children  
from the disease.

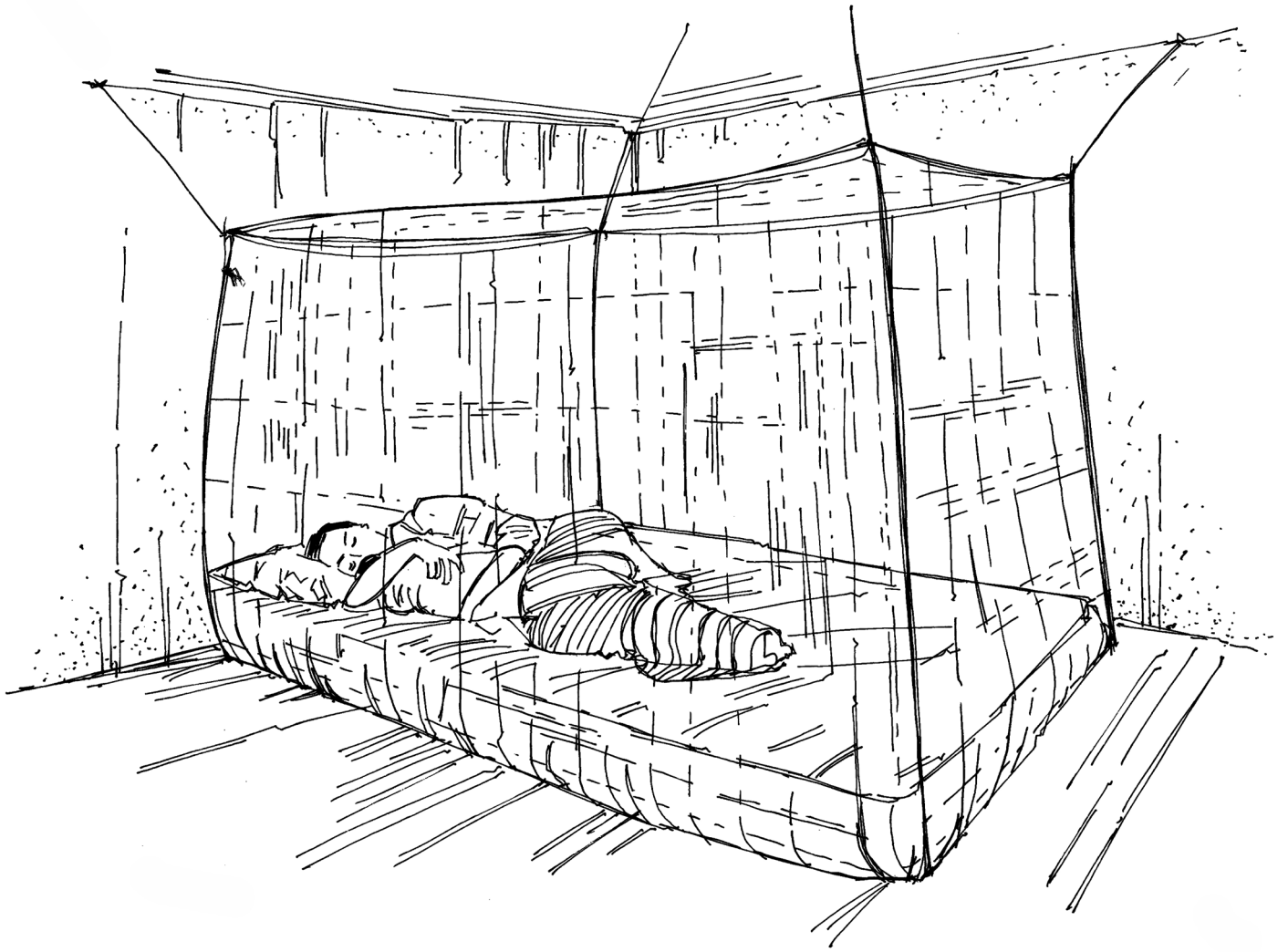


It is important to keep your  
vaccinations up-to-date.  
Use a vaccination card to  
help you remember.



Vaccination campaigns help prevent disease and epidemics in the community. It is important to attend them.

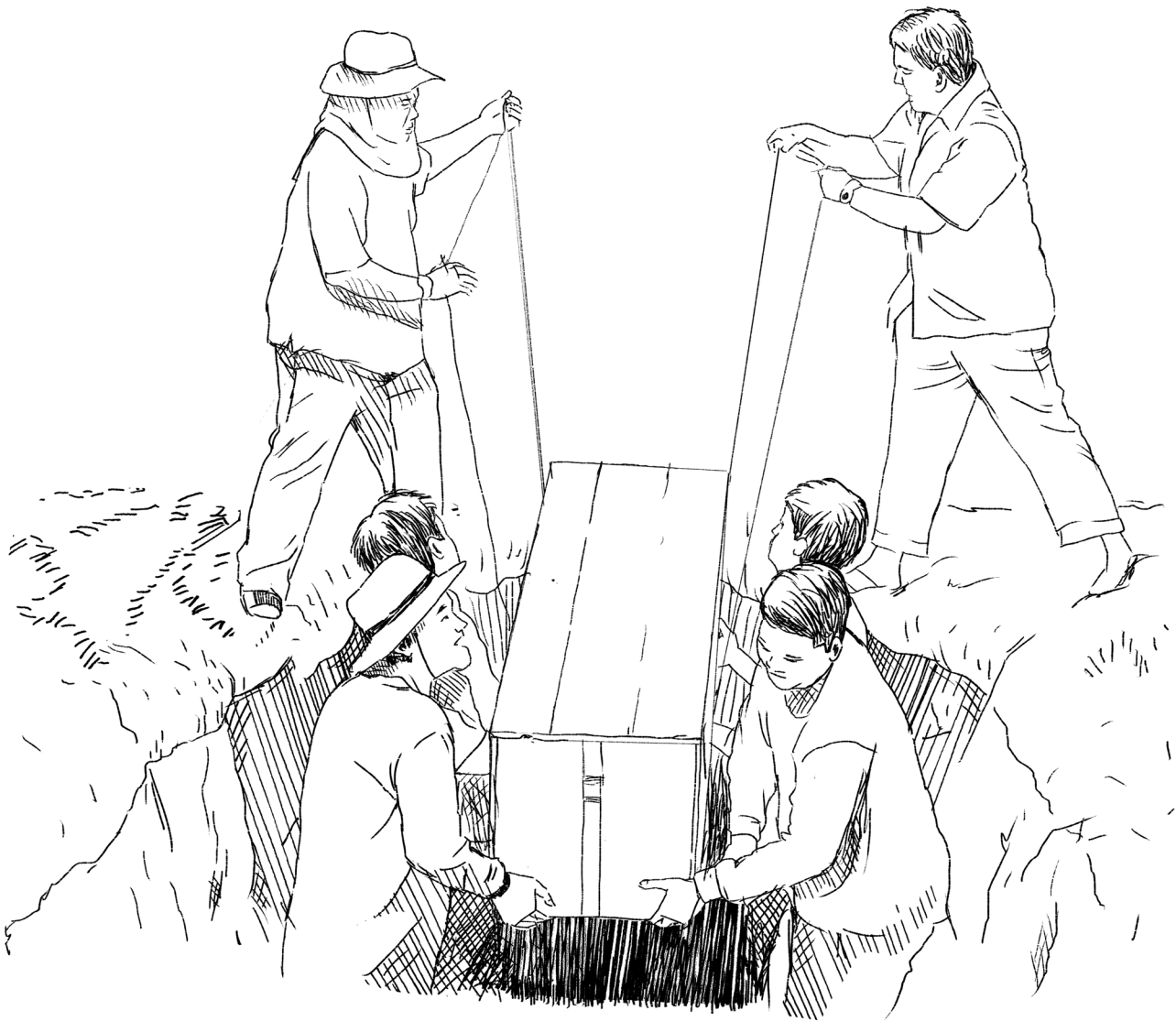




Sleeping under a mosquito net is one of the best ways to protect against malaria and other diseases spread by mosquitoes.



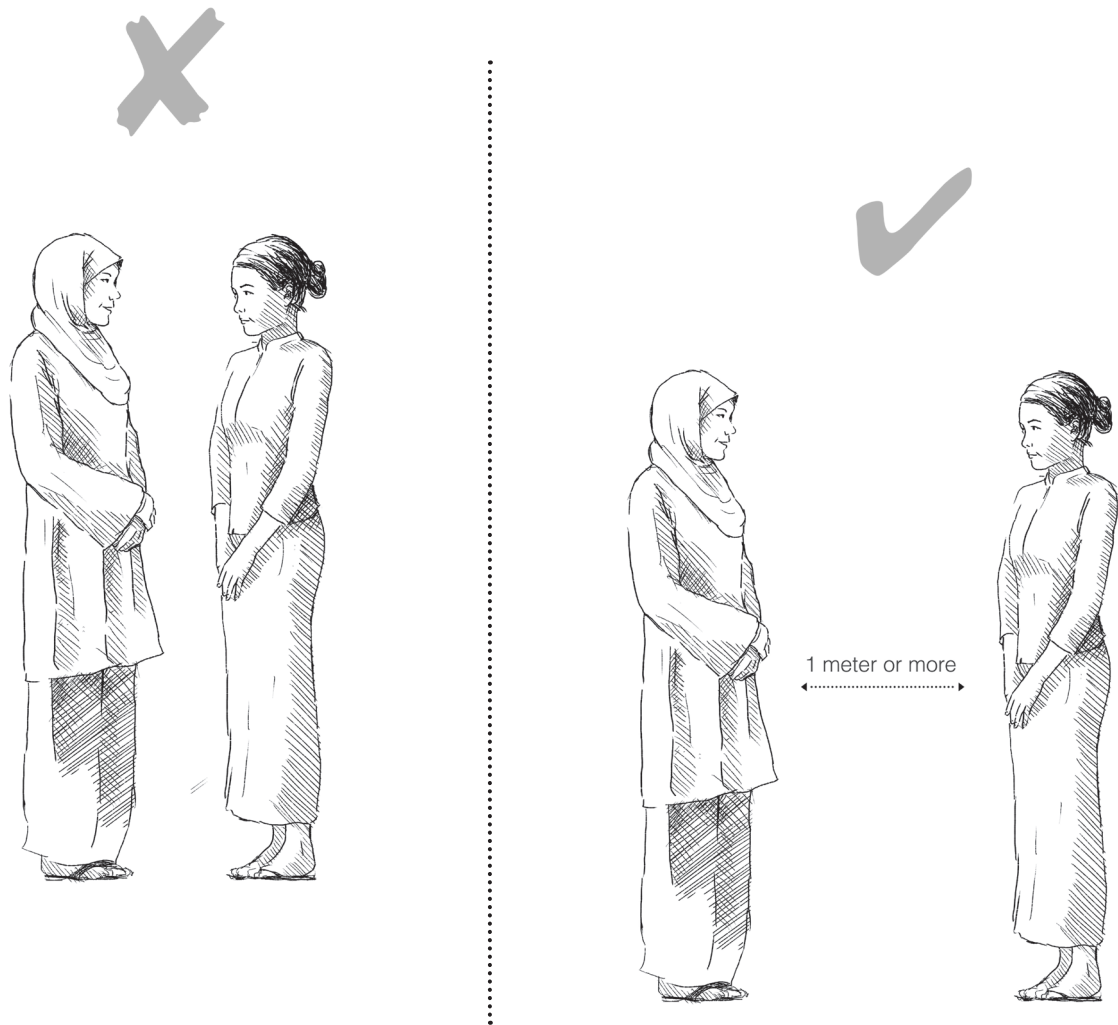
Cough into a handkerchief  
so that you do not spread  
germs to others.



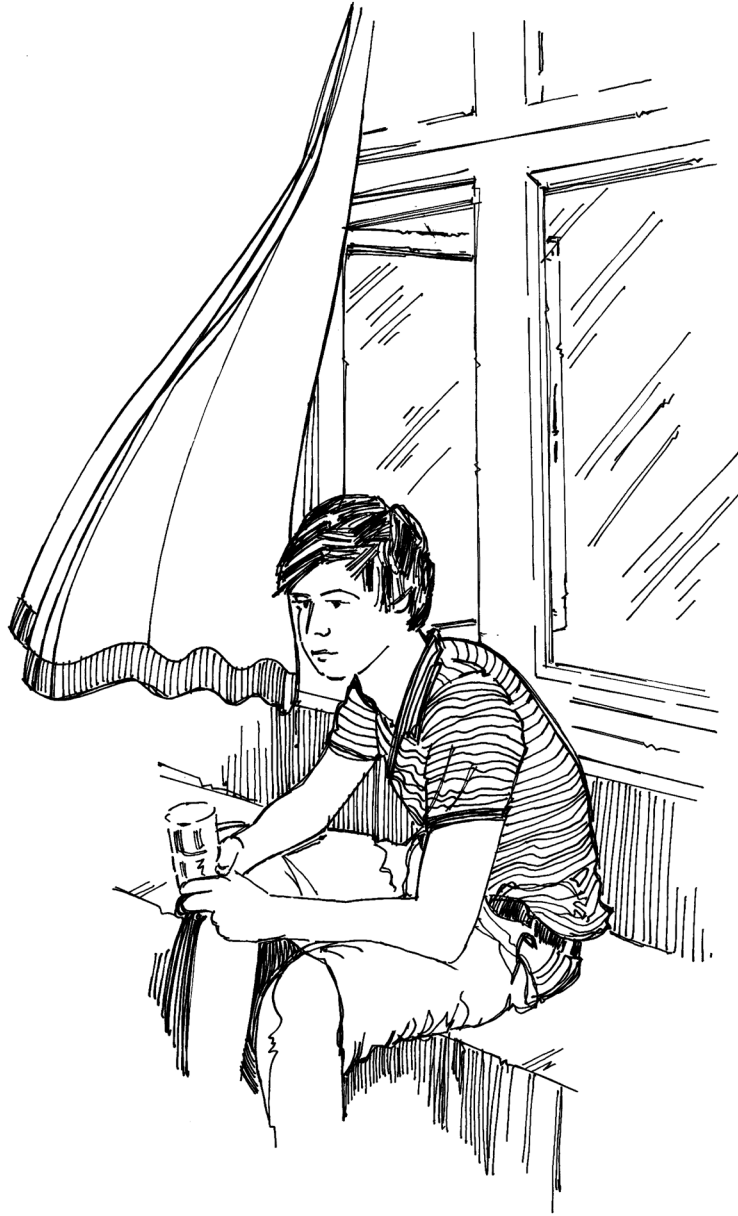
Burying dead bodies can be a hazard. Always ask for professional help and advice.



Waste around houses and in the community can attract flies and insects that carry germs. It can also contaminate water. Make sure to dispose of waste properly.



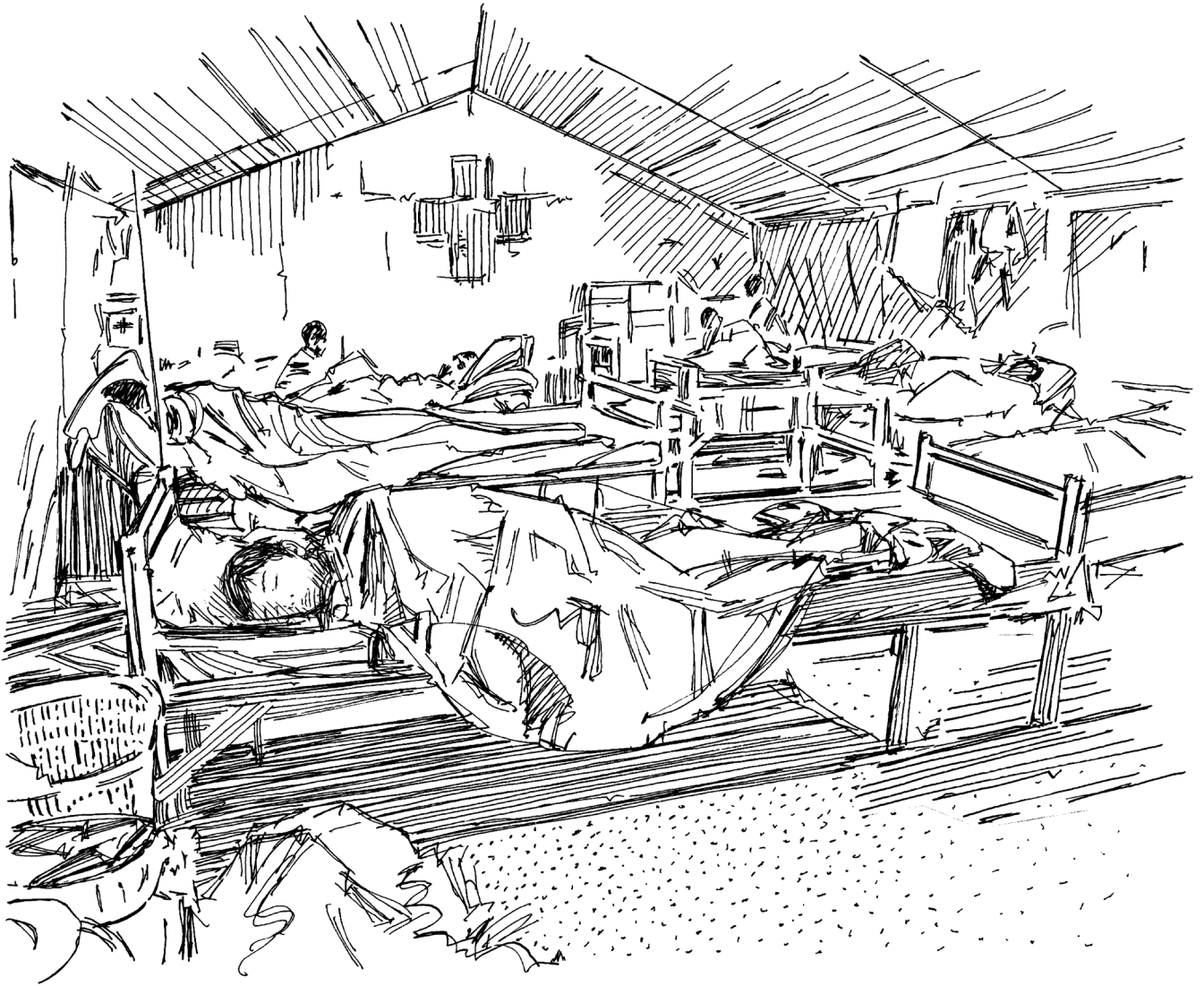
One of the best ways to prevent the spread of influenza is keeping a safe distance from those who have the infection.



Good ventilation can keep diseases that are spread by coughing and sneezing from others in your home. Open windows to let fresh air in.



Teach others how to take care of themselves and to maintain healthy practices. This will help to avoid the spread of diseases and epidemics.



Sometimes people cannot be treated at home by volunteers or family. They should go to the nearest health clinic or hospital to get the help they need.





Animals can carry germs that spread disease. Always be careful when handling or slaughtering them and never touch sick or dead animals without protection.