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.
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.