



**1** Wash hands before cooking, eating and after using toilets to stop diarrheal diseases.



**2** If pregnant, get two doses of preventive treatment for malaria at an ante natal clinic.



**3** Breast feed your children till they are at least six months old.



**4** Before your child is one year, make sure they receive six vaccinations.



**5** If your child is sick and less than five years of age, get to the VHT right away.



**6** If you have fever and older than five years, get a test for malaria at a hospital or health facility.



**7** Ensure everyone in your family sleeps under a Long lasting Insecticidal treated net- LLIN every day, every night

**Want to keep good health?  
Just follow the 7 steps!**





## How did Peter buy a new bicycle?

*"I took my wife to the ante-natal clinic for two doses of treatment to prevent malaria. I also make sure everyone at home sleeps under a mosquito net every night! By preventing malaria, I saved up for a bike."*  
**Now, you can too!**

**KEEP GOOD HEALTH** *enjoy life!*



**Do you think your  
fever is malaria?**  
*Be sure!*



*Introducing RDTs\*... a test that is the fastest way to know if you have malaria!  
If positive, you can take the treatment. If not, you can get treatment for the right disease.*

*Available at all health facilities, so just go to the one nearest to you.*

*\*Rapid diagnostic test - for malaria.  
Approved by the Ministry of Health*



KEEP GOOD HEALTH

**enjoy life!**



Does your child have fever, cough  
with fast breathing or diarrhoea?

**See your VHT\* FIRST!**

**VHT**  
available here

KEEP GOOD HEALTH **enjoy life!**

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**Remember!**

- If your child is sick, see a VHT within 24 hours
- If VHT gives medicines, make sure your child completes the dose
- If VHT tells you to take the child to a health facility, do so without delay
- VHT services are free of charge

\*Village Health Team

KEEP GOOD HEALTH **enjoy life!**

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