



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



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



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



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



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



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



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

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."

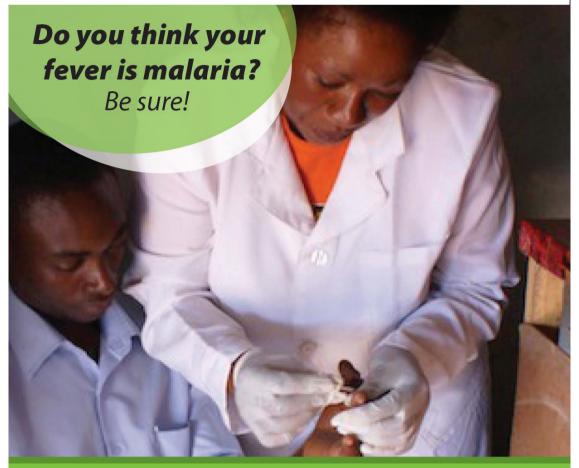
Now, you can too!











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









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

