

1. Keep your environment clean.

- ❑ Keep your home and the area around your home clean.
 - Dispose of garbage safely in a pit or covered dustbin for collection.
 - Prevent stagnant water from collecting near the house.
 - Regularly clean and cover toilets.
 - Keep mats and carpets clean.
 - Sweep often, inside and outside the house.
 - Keep animals out of the house
- ❑ If garbage is not collected, put it away from the house and far from the water source.



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2. Keep the area where you prepare food clean.

- ❑ Wash the food preparation area every day with soap and water if possible.
- ❑ Wash dishes and pots with soap, rinse them, and dry them in the sun.
- ❑ Store dishes and pots in a clean, covered place.
- ❑ Keep food storage areas free of insects.
- ❑ Place garbage in a covered container or bag until you dispose of it.
- ❑ Keep domestic animals away from the cooking area and food or water storage area.



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3. Keep food clean.

- ❑ Wash fruits and vegetables that will be eaten raw in clean, safe water.
- ❑ Store food in clean, covered containers in a cool place, out of the sun.
- ❑ Cook food well.
- ❑ Eat well-cooked eggs, fish, and meat.
- ❑ Don't eat cooked food that has sat uncovered for more than 2 hours.
- ❑ Heat leftover food until steam comes up.
- ❑ Eat food that is fresh, with no mould or bruises.
- ❑ Outside your home, eat food that is hygienically prepared in clean places and protected from flies.
- ❑ Don't let flies or other insects touch your food.



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4. Wash your hands.

- ❑ Wash your hands with running water and soap, ash, or sand:
 - Before and after preparing food
 - Before and after cooking
 - Before eating
 - After handling raw meat
 - After sneezing or coughing
 - After using the toilet
 - After cleaning a child or adult who has passed stool
 - After disposing of a child's or adult's stool
- ❑ Immediately treat or cover any wounds or cuts on your hands



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5. Keep water clean.

- ❑ Drink only water that has been boiled for 5 minutes or treated to kill germs.
- ❑ Store drinking water in clean containers and always keep them tightly covered.
- ❑ Keep wells and water tanks covered to protect the water from insects and animals.

6. To reduce your chance of getting sick:

- ❑ Keep your environment clean.
- ❑ Keep the area where you prepare food clean.
- ❑ Keep food clean.
- ❑ Wash your hands.
- ❑ Use safe, clean water.
- ❑ Use latrines.

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PREVENTING INFECTION AND STAYING HEALTHY



People with weak immune systems can get sick easily. Infections can be caused by bacteria and viruses in contaminated food and water. The infections can make you feel weak or sick, make you lose your appetite, or give you diarrhoea. This makes you want to eat less food at a time when your body needs more nutrients to fight infections. Infections also make your body less able to use the food you eat.