



Protect yourself and your family from disease!

Always boil water and let it simmer for at least 7 minutes before you use it.

Once it has been boiled you can use it for drinking, cooking, washing dishes, brushing teeth, etc.

Make sure that you and your children wash their hands with soap and clean water...

- Before cooking or eating.
- After using the toilet.
- After cleaning.



Rats, ticks, flies, and mosquitoes can infect you and your family with dangerous diseases! Protect yourselves by:

Keeping the area clean, covering water containers, covering food, getting rid of any stagnant water in the area, and using mosquito nets and repellents.