Worms and their eggs get into our bodies in different ways.

Worms live inside your body so you might not know they
are there except when you have worms that cause an obvious
disease.

Food that makes us GO plus food that makes us GROW, plus
food that makes us healthy. Good hygiene habits, immunisation
(especially against rotavirus and measles) and making sure food is safe.

Some get in from food or drink like unsafe water. Others get
in through bare feet.

Antimalaria pills can prevent or reduce malaria and
immunity help to prevent serious illnesses like
measles, pneumonia and meningitis.

Smoking tobacco makes lungs weak. Breathing smoke from
cooking fires has tiny bits in it that can go into
the lungs and cause illness. Avoid smoke by cooking outside
or where fresh air can come in and smoke can escape.

Smoking tobacco makes lungs weak. Breathing smoke from
contaminated food or drink, or touching the mouth with
dirty fingers or using dirty spoons or cups.

The signs for malaria are high fever, headaches, muscle
and stomach aches, and chills. Rapid tests and treatment will
save children’s lives.

Wash your hands properly before touching the T-zone on
your face, especially hands and faces), drink safe water and eat
and drink. Help them but let them make safe mistakes too!

Family members, children with HIV and AIDS.

HIV is invisible and lives in blood and other liquids in the
body. The body can make other diseases from the germs we
breathe, eat, drink or touch.

Our body is amazing and every day there are special ways
it protects us from getting diseases from the germs we
breathe, eat, drink or touch.

A good diet (and breastfeeding babies), a smoke-free home
and immunisation help to prevent serious illnesses like
measles, pneumonia and meningitis.

You can play, share food, drink, hold hands and hug people
with HIV and AIDS. These actions are safe and you will not
be infected.

10. Children check that babies and young children are clean
(epecially hands and faces), drink safe water and eat
enough good food. Give loving care to babies and children but
don’t forget about yourself. You are important too.

9. Help prevent diseases by helping adult carers and older
children check that babies and young children are clean
(epecially hands and faces), drink safe water and eat
good food.

8. Get hands and eating and drinking utensils clean.

7. If a child is burned, put cold water on the burn as soon as
possible until the pain lessens (10 minutes or more).

6. Stop children eating dirt or putting small things into
or near their mouths (e.g. coins, buttons) as these can block
their body’s breathing passage.

5. All girls and all boys are as important as each other. Treat
everyone well, especially children who are sick or who have
disabilities.

4. Wash your hands before preparing food, eating or
drinking, by washing fruit and vegetables, and by wearing
shoes.

3. Keep children safe from dangers for young children like
knives, glass, or near their mouths (e.g. coins, buttons) as these can block
their body’s breathing passage.

2. Prevent malaria by sleeping under insecticide-treated bed
nets that kill mosquitoes and stop them biting.

1. Keep hands and eating and drinking utensils clean.

Malaria is a disease spread by the bite of an infected
female mosquito.

Malaria is dangerous. It causes fever and can kill, especially
children and pregnant women.

Prevent malaria by sleeping under insecticide-treated bed
nets that kill mosquitoes and stop them biting.

Malaria and other illnesses are caused by germs that
live in our body. They affect different parts of the body
and can make us feel sick, hurt, or die.

Children can be immunised at different times for different
diseases. Find out when and where your community
immunises children.

If babies or young children are a little unwell on the day of
immunisation they can still be immunised.

Do not give water and soap morning and evening, and if flies buzz near
them wash your hands.

Wash your hands after using the toilet and before preparing
food, eating or drinking.

Your body has special soldier-like protectors called
antibodies to fight a disease.

Some immunisations have to be given more than once
to help your body build up enough antibodies to protect
the body against a disease.

with HIV and AIDS.

If you have HIV and AIDS, you can still
be a mother and a father and have a healthy baby.

HIV is a germ called a virus (the V is for virus). It is an
especially dangerous virus that stops our body protecting
itself well from other germs.

You can be immunised for many diseases. It is important
for your baby to be immunised.

Young children with diarrhoea need tasty, mashed food as
their first meal. If a child misses their chance they can be immunised
later.

Diarrhoea is watery poo that happens three or more
times in 24 hours.

Diarrhoea is caused by germs getting into the mouth from
contaminated food or drink, or touching the mouth with
dirty fingers or using dirty spoons or cups.

The loss of water and salts makes the body weak. Unless
rehydrated it can die.

Diarrhoea cannot be prevented by giving extra safe drinks like
safe water, or coconut or rice water. Babies need breast milk
all the time.

A child with diarrhoea may have a dry mouth and tongue,
swollen tongue, sunken eyes, no tears, loose skin, and cold hands and
feet. Babies may also have a sunken soft spot on the head.

Children do not get enough milk from a bottle or from
the mother.

Children under 2 years need to be weighed each month
in a clinic or at a hospital.

Children who are ill may lose their appetite. Give them
to drink and soup, and more food than normal
when getting better.

Breast milk is the only food and drink a baby needs from
birth to 6 months. It has Go, Grow and Glow!

After 6 months babies need breast milk plus
mashed or ground family food three or four times a day
plus a snack between each meal.

Eating natural foods of different colours every week is
the best way to have a healthy balanced diet.

Red, yellow and green fruits and vegetables are full of
vitamins. These are too small to see, but they make
our bodies strong.

Prevent sickness by helping
immunisation help to prevent serious illnesses like
measles, pneumonia and meningitis.

9. Children can be immunised at different times for different
diseases. Find out when and where your community
immunises children.

8. Give life-saving medicines to babies and young children
who have diarrhoea, measles, diphtheria, tetanus, whooping cough,
polio and tetanus (and more!), can be prevented by
immunisation.

7. Protect your body you need to be immunised before
the disease strikes.

6. Horrible diseases that cause death and suffering,
like measles, tubercle, diphtheria, whooping cough,
polio and tetanus (and more!), can be prevented by
immunisation.

5. People with HIV and AIDS sometimes feel afraid and sad.
Like everyone, they need love and support, and so do their
families. They need to talk about their worries.

4. To help themselves and others, people who think they
may have HIV or AIDS should go to a clinic or hospital for testing
and counselling.

3. Children check that babies and young children are clean
(epecially hands and faces), drink safe water and eat
good food.

2. Help prevent diseases by helping adult carers and older
children check that babies and young children are clean
(epecially hands and faces), drink safe water and eat
good food.

1. Give loving care to babies and children but don’t
1. Keep hands and eating and drinking utensils clean.

6. Keep cars and play areas safe with a table where
young children play.

5. Look out for dangers for young children like
knives, glass, electric plugs, wire, nails, pins etc.

4. Stop young children eating dirt or putting small things into
or near their mouths (e.g. coins, buttons) as these can block
their body’s breathing passage.

3. Create a first-aid kit for home or school (sponge,
disinfectant and antiseptic cream, cotton wool, thermometer,
bandages/plasters and ORS).

2. When you go somewhere new with a young child, be aware
and look about the dangers for young children.

1. Cooking areas are dangerous for young children. Keep them
away from fires and from sharp or heavy objects.

2. Children need to avoid breathing smoke from fires. It causes
dangerous diseases like pneumonia and tuberculosis.

3. Anything poisonous must be kept out of the reach of
children. Don’t put poisons in empty soft drink bottles.

4. If a child is burned, put cold water on the burn as soon as
possible until the pain lessens (10 minutes or more).

5. Vehicles and bicycles kill and injure children every day. Be
aware of all vehicles and those others to be safe too.

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knives, glass, electric plugs, wire, nails, pins etc.

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