

THE GOOD NEWS IS PNEUMONIA IS VERY PREVENTABLE.  
THE QUESTION IS HOW?

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With proper and frequent hand washing after using the toilet, before eating, and after coming in contact with a sick person.

04

By coughing and sneezing into your elbow and not your hands.

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By exclusive breastfeeding babies in the first 6 months they can be protected from Pneumonia.

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By giving children nutritious food which can help them fight the germs that cause Pneumonia and NOT force feeding.

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By avoiding pollution of the air by dust, smoke from cigarettes, and when cooking.

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By keeping children away from people who are sick, especially with people who have cough, catarrh and are sneezing.

09

By getting children vaccinated! Vaccinations are available against most of the germs causing of Pneumonia at your nearest primary health centers.

10

By seeing a doctor when children develop either cough, fever or fast breathing.

CONTACT US  
FOR MORE INFORMATION VIA:



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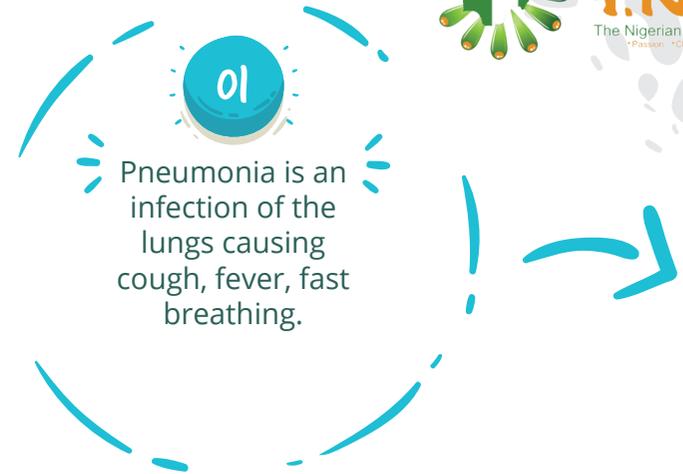


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# IFYOUONLYPNEU...

## THESE 10 THINGS ABOUT PNEUMONIA

