

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.

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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.

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

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

CONTACT US  
FOR MORE INFORMATION VIA:



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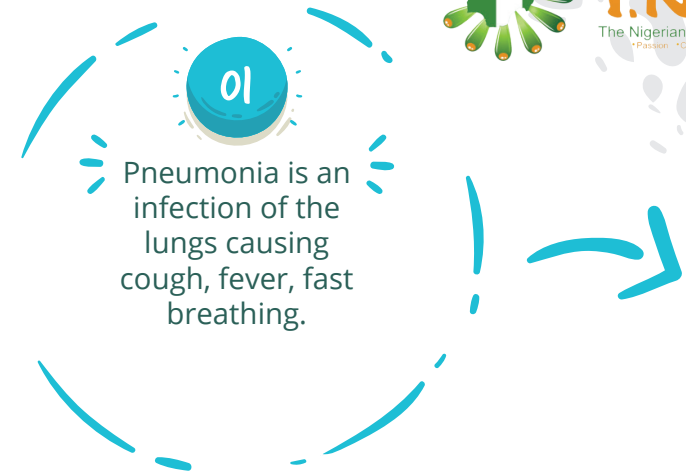


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## IF YOU ONLY PNEU... THESE 10 THINGS ABOUT PNEUMONIA

