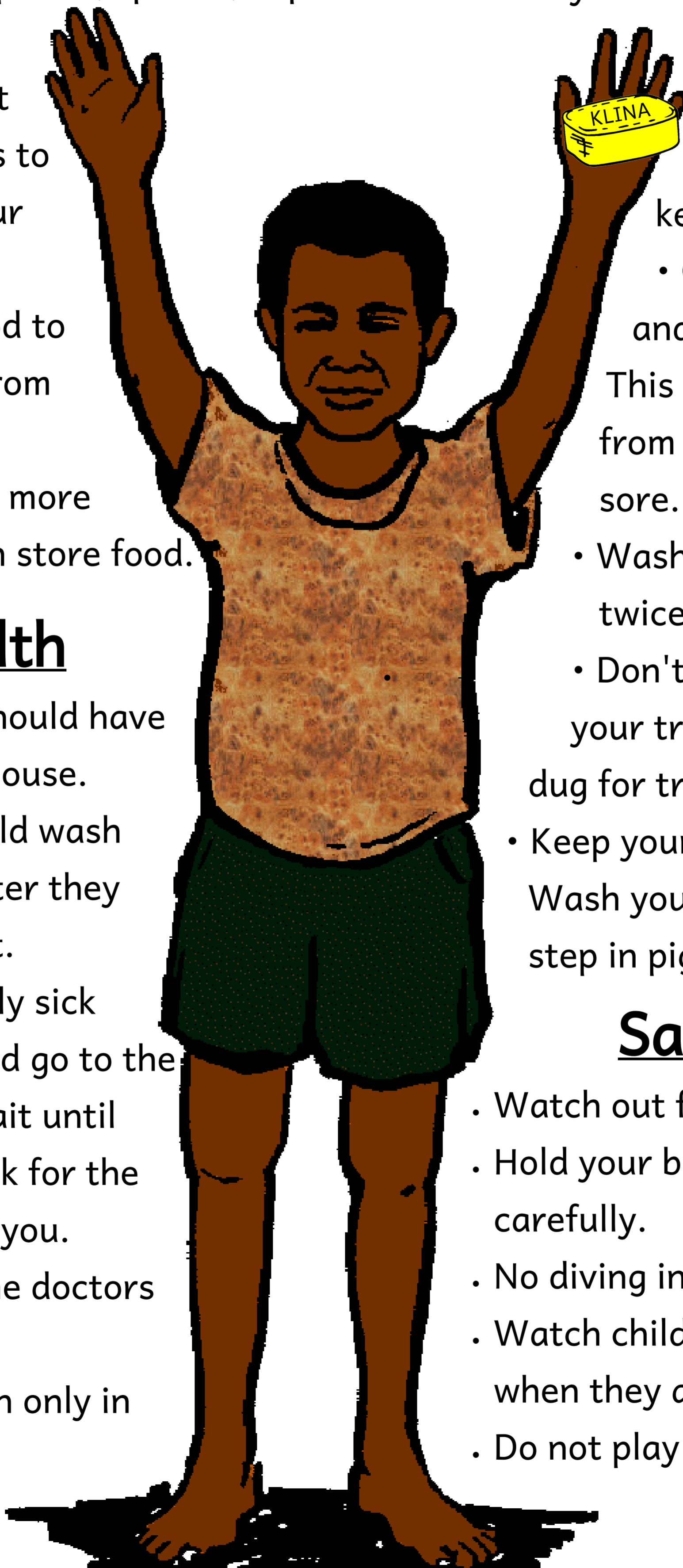


Nutrition

- Wash your hands before you eat and before you prepare food.
- Clean all your plates, spoons, cups and pots.
- Eat lots of fruit and vegetables to strengthen your body.
- Cover your food to prevent flies from landing on it.
- Garden food is more nutritious than store food.

Health

- Every family should have their own outhouse.
- Everyone should wash their hands after they go to the toilet.
- If you are really sick then you should go to the clinic, don't wait until you are too sick for the doctor to help you.
- Follow all of the doctors directions.
- Drink and wash only in clean water.



Cleanliness

- Wash yourselves well. Wash your hands, face, legs and your whole body.
- Help your siblings wash their faces and keep clean.
- Clean your sores and cover them. This prevents flies from landing on the sore.
- Wash your clothes twice a week.
- Don't litter. Throw your trash into a hole dug for trash.
- Keep your pigs fenced in. Wash your feet if you step in pig poop.

Safety

- Watch out for sago thorns.
- Hold your bush knife carefully.
- No diving in shallow water.
- Watch children carefully when they are near the fire.
- Do not play in long grass.