1. Wash hands before cooking, eating and after using toilets to stop diarrheal diseases.

2. If pregnant, get two doses of preventive treatment for malaria at an antenatal clinic.

3. Breast feed your children till they are at least six months old.

4. Before your child is one year, make sure they receive six vaccinations.

5. If your child is sick and less than five years of age, get to the VHT right away.

6. If you have fever and older than five years, get a test for malaria at a hospital or health facility.

7. Ensure everyone in your family sleeps under a Long lasting Insecticidal treated net- LLIN every day, every night.

Want to keep good health? Just follow the 7 steps!
How did Peter buy a new bicycle?

"I took my wife to the ante-natal clinic for two doses of treatment to prevent malaria. I also make sure everyone at home sleeps under a mosquito net every night! By preventing malaria, I saved up for a bike."

Now, you can too!

*Long lasting insecticide treated net - LLIN

Developed and produced with support from MALARIA CONSORTIUM
Do you think your fever is malaria?
Be sure!

Introducing RDTs... a test that is the fastest way to know if you have malaria!
If positive, you can take the treatment. If not, you can get treatment for the right disease.

Available at all health facilities, so just go to the one nearest to you.

*Rapid diagnostic test - for malaria. Approved by the Ministry of Health

Developed and produced with support from MALARIA CONSORTIUM
Does your child have fever, cough with fast breathing or diarrhoea?

See your VHT* FIRST!

VHT available here

Remember!
- If your child is sick, see a VHT within 24 hours
- If VHT gives medicines, make sure your child completes the dose
- If VHT tells you to take the child to a health facility, do so without delay
- VHT services are free of charge

*Village Health Team

KEEP GOOD HEALTH enjoy life!

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