

ORAL REHYDRATION (ORS)

Community Education Course

POSTER:

DRINK CLEAN WATER EVERY DAY



DIRTY WATER AND NOT WASHING YOUR HANDS MAKES YOU AND YOUR FAMILY SICK



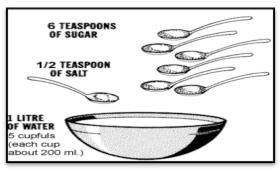
YOU CAN CLEAN WATER FOR SAFE DRINKING



WASH YOUR HANDS TO STAY HEALTHY



MAKE SPECIAL REHYDRATION WATER



IF YOU GET SICK

- KEEP BREASTFEEDING
- SIP CLEAN
 REHYDRATION
 WATER ALL DAY
- EAT SMALL MEALS OF BANANA AND RICE
- EAT MORE AS YOU FEEL BETTER

