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**

- Keep breastfeeding
- Sip clean rehydration water all day
- Eat small meals of banana and rice
- Eat more as you feel better

**WASH YOUR HANDS TO STAY HEALTHY**

**MAKE SPECIAL REHYDRATION WATER**

- 6 teaspoons of sugar
- 1/2 teaspoon of salt
- 1 litre of water (8 cupfuls; each cup about 200 ml)

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