



MILPA'S SIX STEPS TO STOP GERMS

KIDS NEED YOUR HELP TO STOP GERMS



1: BLOW NOSE UNTIL EMPTY



2: WASH HANDS WITH SOAP AND WATER



3: WASH FACE TO CLEAN SNOT AND YUCKY EYES



4: BRUSH TEETH WITH TOOTHPASTE, MORNING AND NIGHT



5: HAVE A SHOWER WITH SOAP EVERY DAY



6: DON'T SHARE TOWELS



AND REMEMBER TO ALWAYS COUGH AND SNEEZE INTO YOUR ELBOW

CLEAN FACES, STRONG EYES!



STOP TRACHOMA & OTHER INFECTIONS

Important message for all staff and families

**KIDS NEED YOUR HELP
TO STOP GERMS**

**Good hygiene every day can stop germs
spreading that cause these sickness:**

- Trachoma (bad eyes)
- Ear infections (sick ears)
- Respiratory infection (coughs, sore throat/chest)
- Kidney disease (sick kidneys)
- Rheumatic heart (sick hearts)
- Skin infections (scabies, skin sores)
- Tooth and gum disease (bad teeth)
- Diarrhoea (runny tummy)
- COVID-19 (coronavirus)