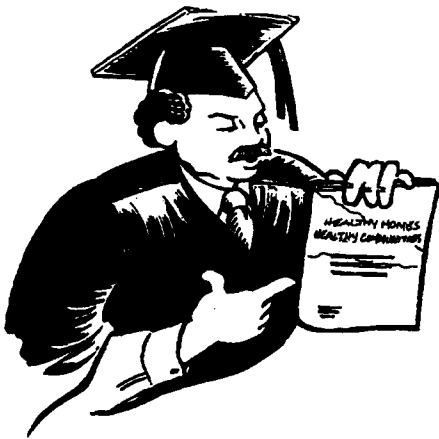


Introduction

Many people in communities like yours have problems getting enough water for drinking, washing and keeping the home clean. Many people also do not know how mosquitoes can cause disease, how to get rid of garbage properly or what to do if there is a fire in the home or poisonous gases in the air. Wouldn't you like to know about these things?



Wouldn't you like everyone in your community to have a healthy lifestyle, making sure that their homes are safe and clean, and that the chance of getting a disease is minimized?

Here is something that can help you! This manual is a guide for everyone in the family. It will explain how activities in your daily life can impact on your health. It will show you how to keep clean surroundings and how to protect yourself and your family against diseases and other dangers. It will also guide you through safe and efficient emergency procedures.

The best way to use this manual is to have the family read it together. The manual can also be discussed with teachers at school. In that way you will be able to point out things in the home or your community which need improvement. Together you can understand how unhealthy situations could



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aid the spread of diseases. You can even make a community plan for emergencies. At a community group meeting or in the classroom, questions about the manual can be answered and everyone can help one another plan for change towards healthier daily practices, or

prepare for an emergency or disaster.

This manual is also for children! There are lots of lessons to learn by colouring, doing word puzzles and matching pictures.

So take time now to read this manual. You may not want to read all of it right away, but just choose a section to start with now. Who knows, you may not want to stop!!



And when you've finished reading for a while, make sure to put it in a special place everyone in the family knows, can find it, and can read it at any time.

