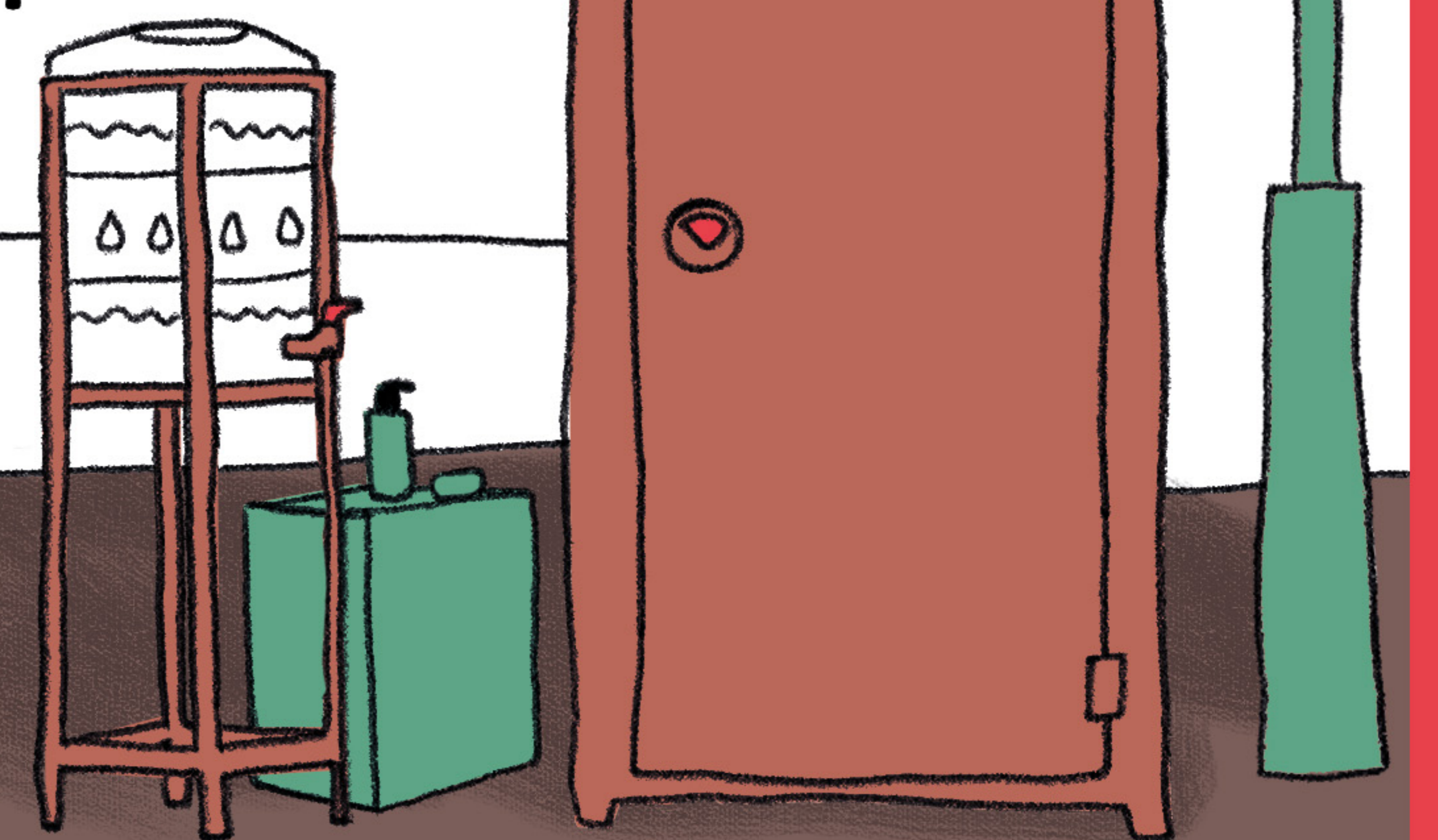


YOU DESERVE TO BE **PROTECTED FROM VIOLENCE** AND HAVE THE RIGHT TO **SHARE YOUR OPINION** AND **BE HEARD**. IT'S OKAY AND NORMAL IF YOU FEEL SAD, ANGRY, OR SCARED. IT'S OKAY AND NORMAL IF YOU DON'T KNOW HOW YOU FEEL TOO. **YOU CAN ASK FOR HELP**. YOU ARE NOT ALONE, THERE ARE PEOPLE WHO CAN HELP YOU.



BE SAFE - WASH

YOU HAVE THE RIGHT TO A CLEAN ENVIRONMENT, SAFE WATER, CONVENIENT TOILETS, AND GOOD HYGIENE MATERIALS, SO THAT YOU CAN PRACTICE HEALTHY BEHAVIOURS. IN CASE THOSE FACILITIES OR PRODUCTS DON'T EXIST OR ARE NOT ACCESSIBLE TO YOU, ASK FOR HELP.



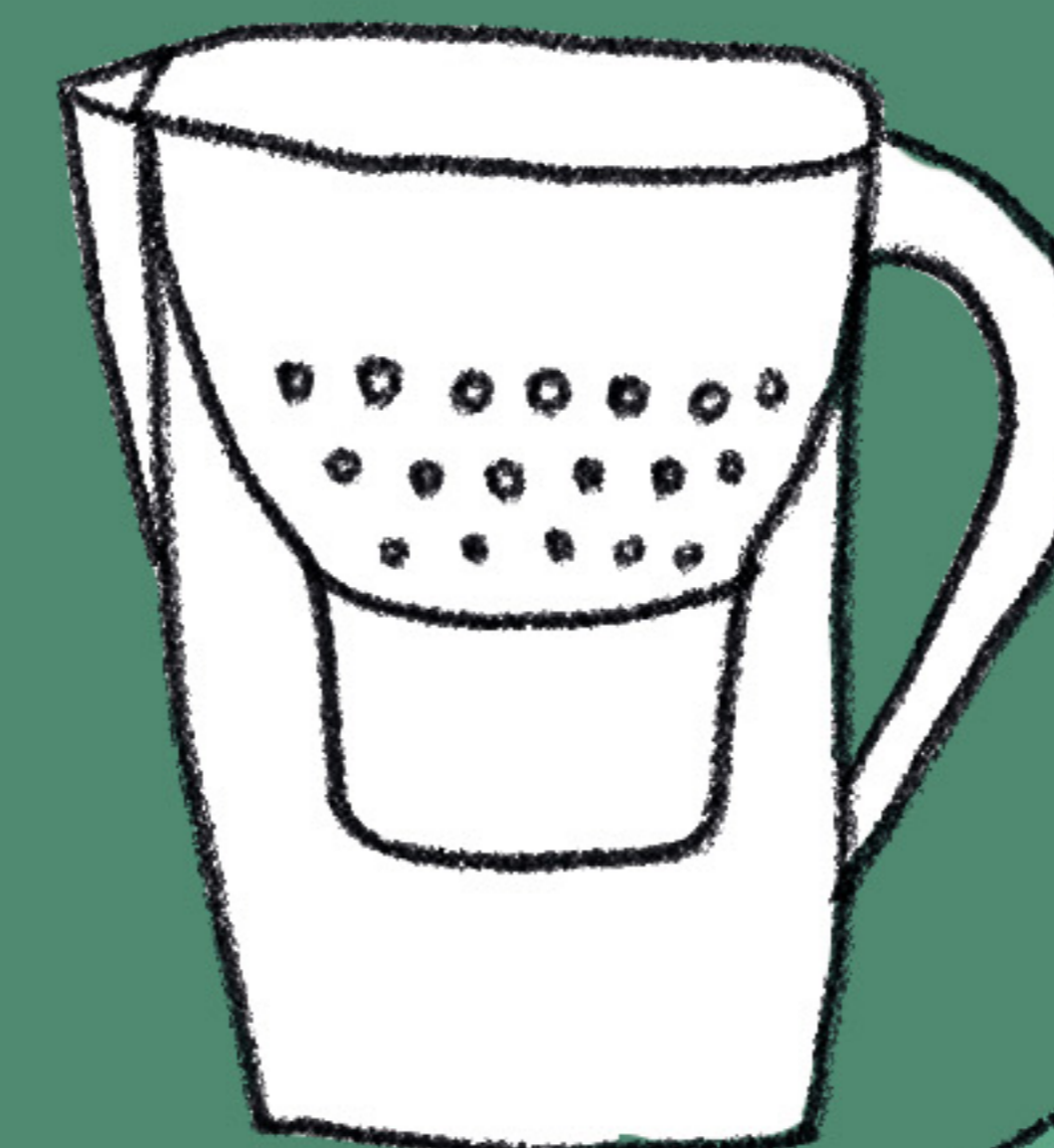
DRINKING UNSAFE WATER CAN MAKE YOU SICK.



CLEAR WATER IS NOT ALWAYS SAFE. BACTERIA ARE TOO SMALL TO BE SEEN WITH YOUR EYES.

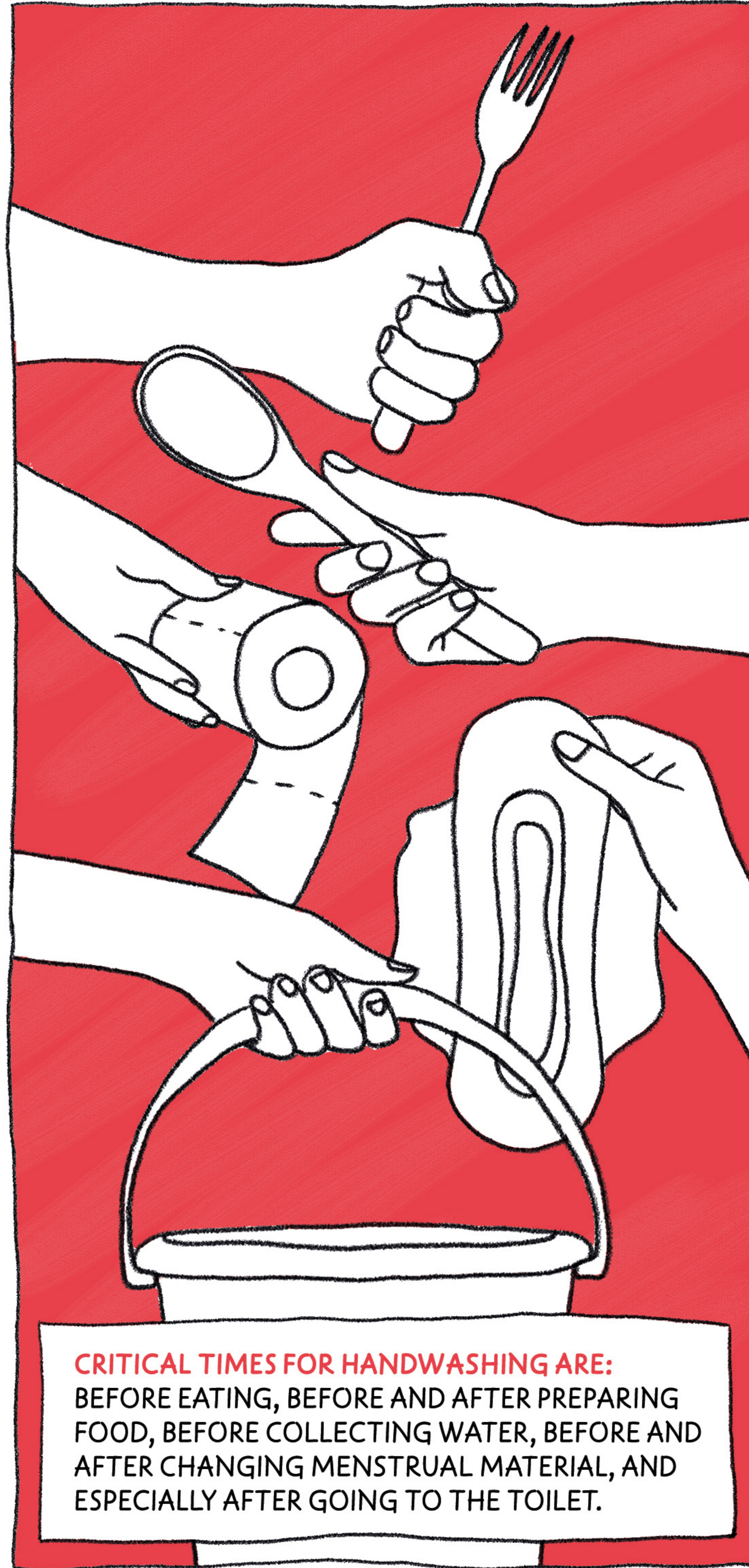


IN CASE YOU HAVE DOUBTS ABOUT THE QUALITY OF THE WATER, TREAT CLEAR WATER WITH SIMPLE METHODS SUCH AS BOILING, FILTERING, OR WITH CHLORINE-TABLETS.

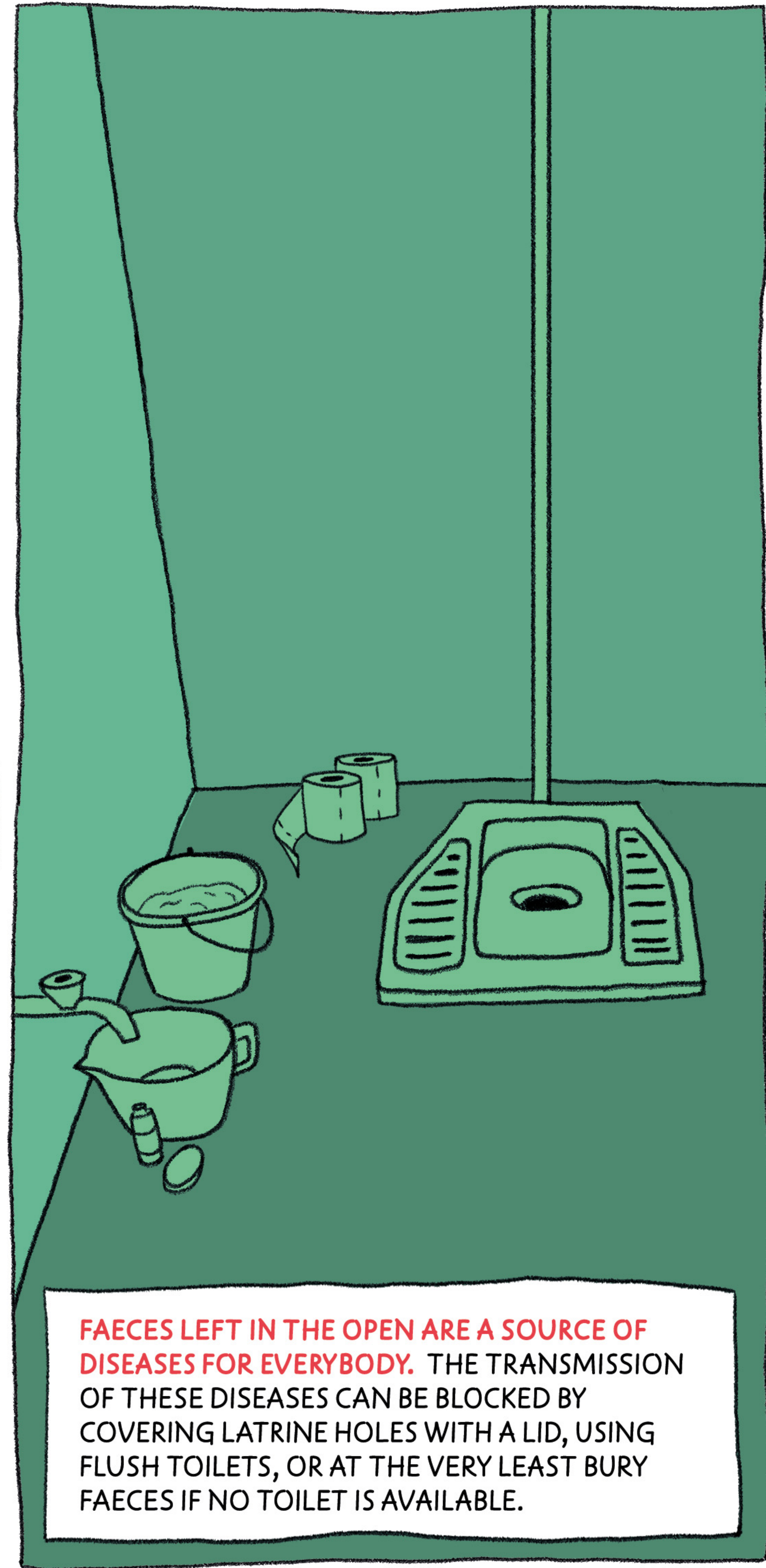




WASHING YOUR HANDS REGULARLY WITH SOAP AND WATER CAN KEEP YOU HEALTHY.



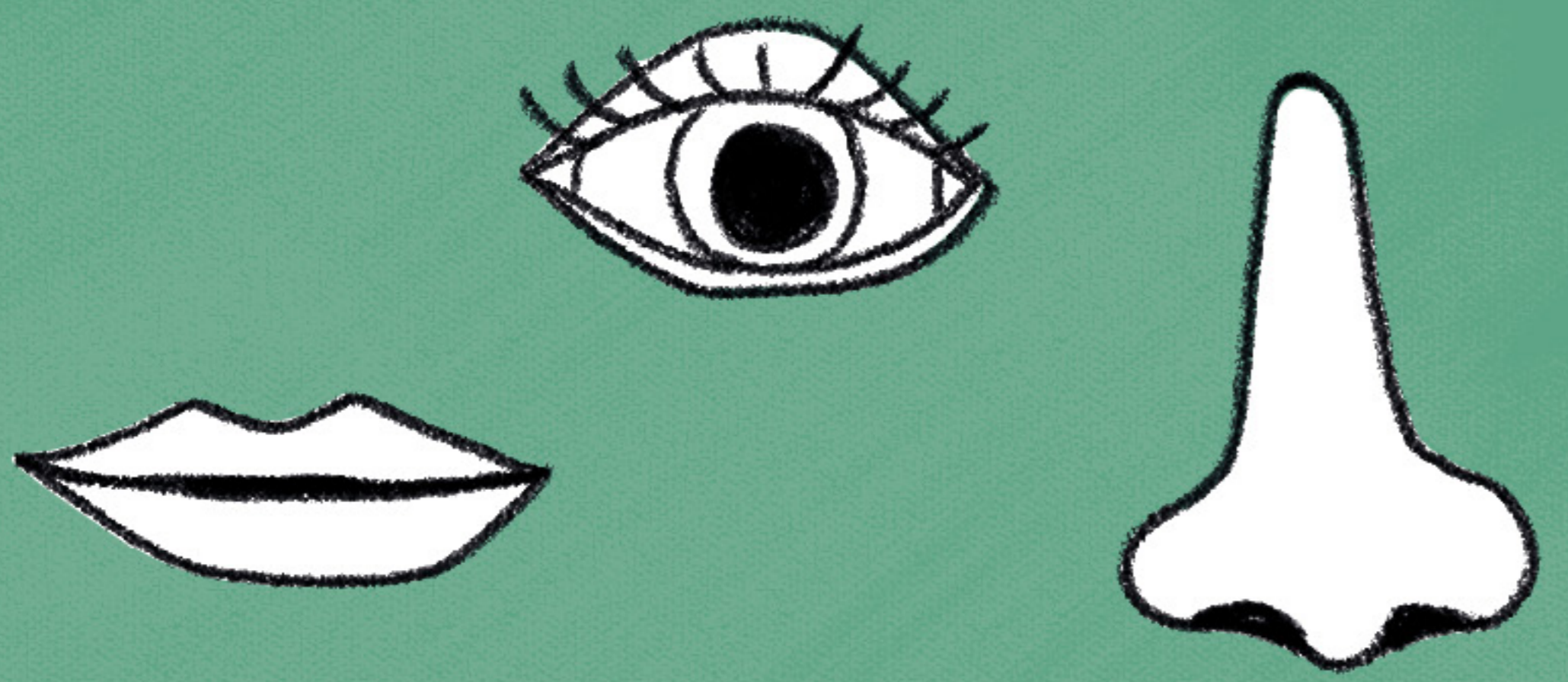
CRITICAL TIMES FOR HANDWASHING ARE: BEFORE EATING, BEFORE AND AFTER PREPARING FOOD, BEFORE COLLECTING WATER, BEFORE AND AFTER CHANGING MENSTRUAL MATERIAL, AND ESPECIALLY AFTER GOING TO THE TOILET.



FAECES LEFT IN THE OPEN ARE A SOURCE OF DISEASES FOR EVERYBODY. THE TRANSMISSION OF THESE DISEASES CAN BE BLOCKED BY COVERING LATRINE HOLES WITH A LID, USING FLUSH TOILETS, OR AT THE VERY LEAST BURY FAECES IF NO TOILET IS AVAILABLE.

IF THERE IS A DISEASE OUTBREAK WHERE YOU LIVE...

TOUCHING EYES, NOSE OR MOUTH WITH YOUR HANDS CAN TRANSMIT DISEASES.



SEEK MEDICAL CARE EARLY.



STORE IMPORTANT DOCUMENTS LIKE VACCINATION AND IDENTITY CARDS IN A SAFE PLACE.



STAY INFORMED AND FOLLOW ADVICE GIVEN BY YOUR HEALTH PROVIDERS.



MAKE A PLAN WITH YOUR FAMILY ABOUT WHERE AND WITH WHO YOU WILL SPEND TIME IF SCHOOLS ARE CLOSED.



YOU ARE NOT ALONE. THERE ARE PEOPLE WHO CAN HELP YOU . IF YOU NEED HELP, LOOK FOR SOMEONE WEARING A RED CROSS OR RED CRESCENT, OR SOMEONE FROM ANOTHER AGENCY YOU TRUST, OR CALL A LOCAL HELPLINE.