VISIT OUR TOILETS - OUR PRIDE

Free Primary Education

JOIN WASH MOVEMENT

WATER SANITATION HYGIENE
WWW.WSSC.ORG

Children First

UNICEF

Nairobi Estate Primary School
BOYS

WASH YOUR HANDS AFTER VISITING THE TOILETS

GIRLS

WASHING HANDS AFTER VISITING THE TOILET PREVENTS YOU FROM GETTING ILLNESSES
“Ni poa ku chill”
Window Period
weeks of infection.

Very dangerous infection is very high because there are still no signs.

Test positive.

Symptomatic stage.

* Drastic loss of weight.
* Chronic diarrhoea.
* Prolonged fever.
* Genital ulcers.
* Prolonged cough.

Oppportunistic diseases.

* Cough.
* Herpes.
* Diarrhoea.
* Typhoid.

Energy foods.

* Vitamins.
* Proteins.
* Fats.

Take five meals per day.

Avoid red meat and eat fish, chicken, beans.

50%
Energy Giving food

30% Vitamins
raw vegetables
and kunde mitoo
Sageti spinach etc

15% Proteins

5%
Avocado fats oils