

Staying Healthy



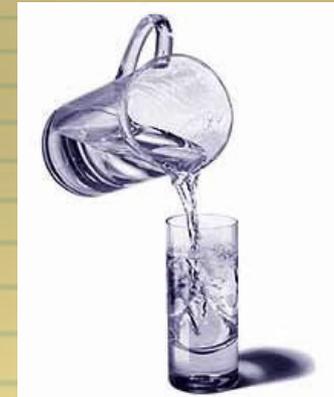
Getting Sick

- ✓ What makes you sick?
- ✓ Why do you get diarrhea?
- ✓ Why do you get colds?



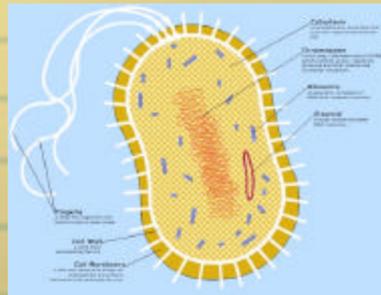
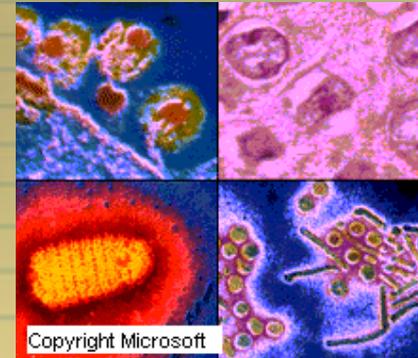
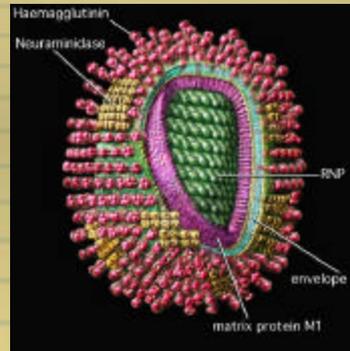
Where are germs?

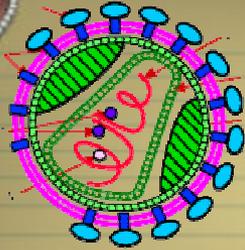
- ✓ In food and water
- ✓ In the air
- ✓ On your skin
- ✓ In mosquitoes and flies
- ✓ On your teeth



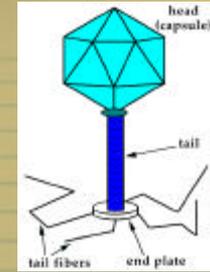
Types of germs

- ✓ Viruses
- ✓ Bacteria
- ✓ Parasites





Viruses



- ✓ Many different types
- ✓ Usually body will fight the virus and you don't need medicine
- ✓ Symptoms: cold, diarrhea, fever, sore throat, ear pain, warts

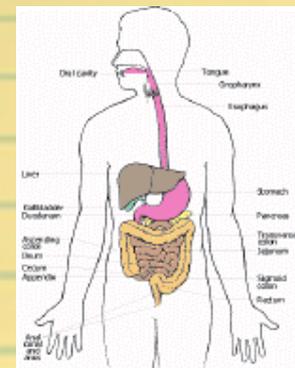
Bacteria

- ✓ Usually cause more severe illness
- ✓ Usually need medicine to get better
- ✓ Symptoms: cold, diarrhea, fever, sore throat, ear pain, toothache, headache



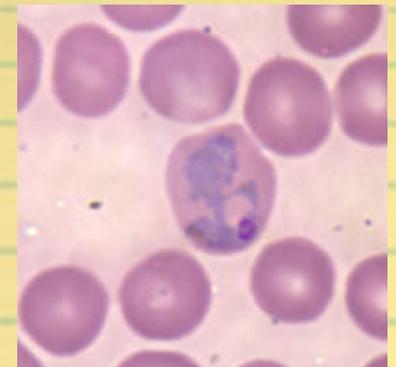
Parasites

- ✓ Feed off of your body
- ✓ In your GUT - worms
- ✓ Symptoms: belly pain, diarrhea or constipation, worms in your stool.



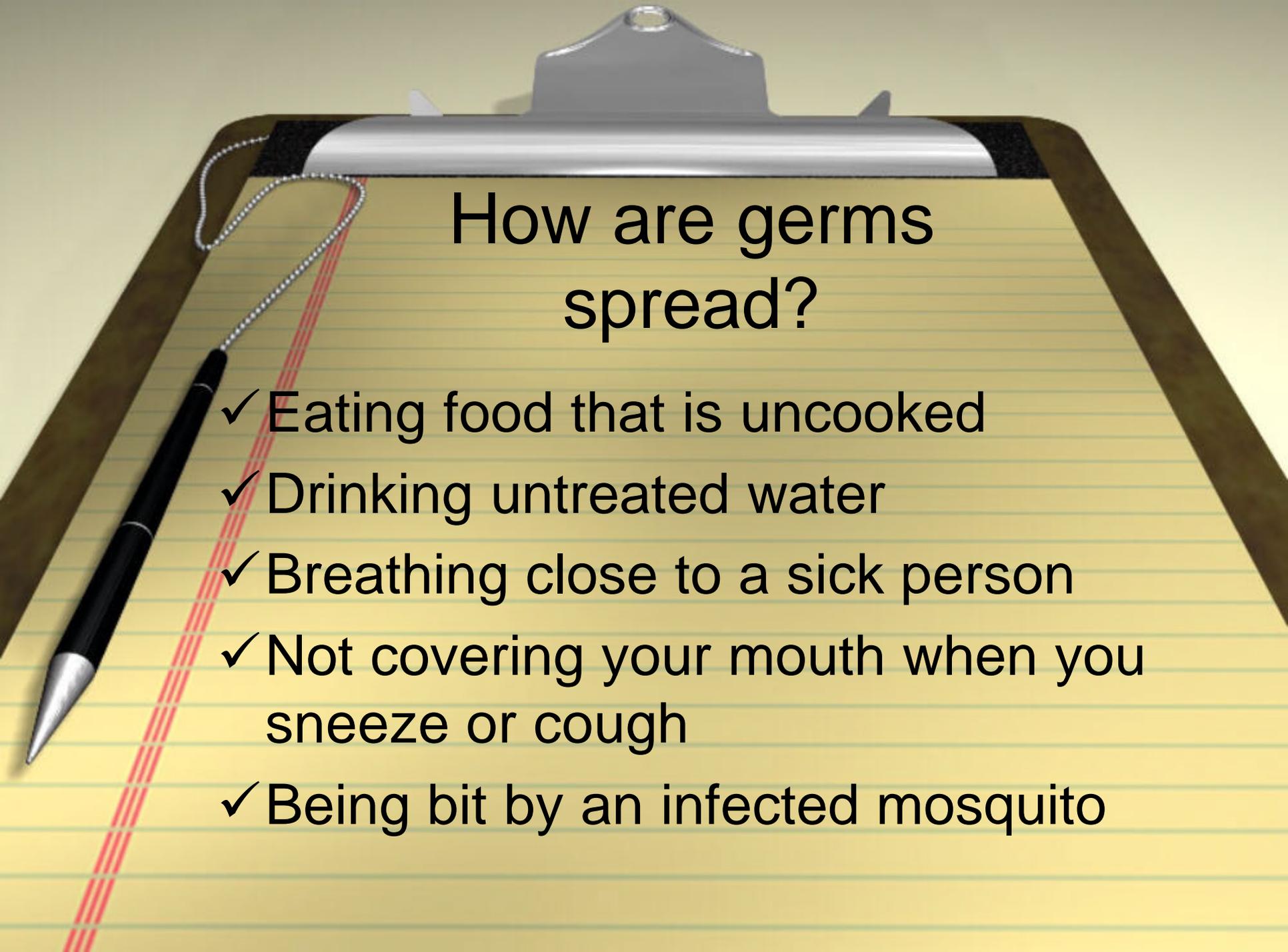
Parasites

- ✓ Feed off of your body
- ✓ In your BLOOD - malaria
- ✓ Symptoms: fever, headache, bodyache, tiredness, nausea, vomiting



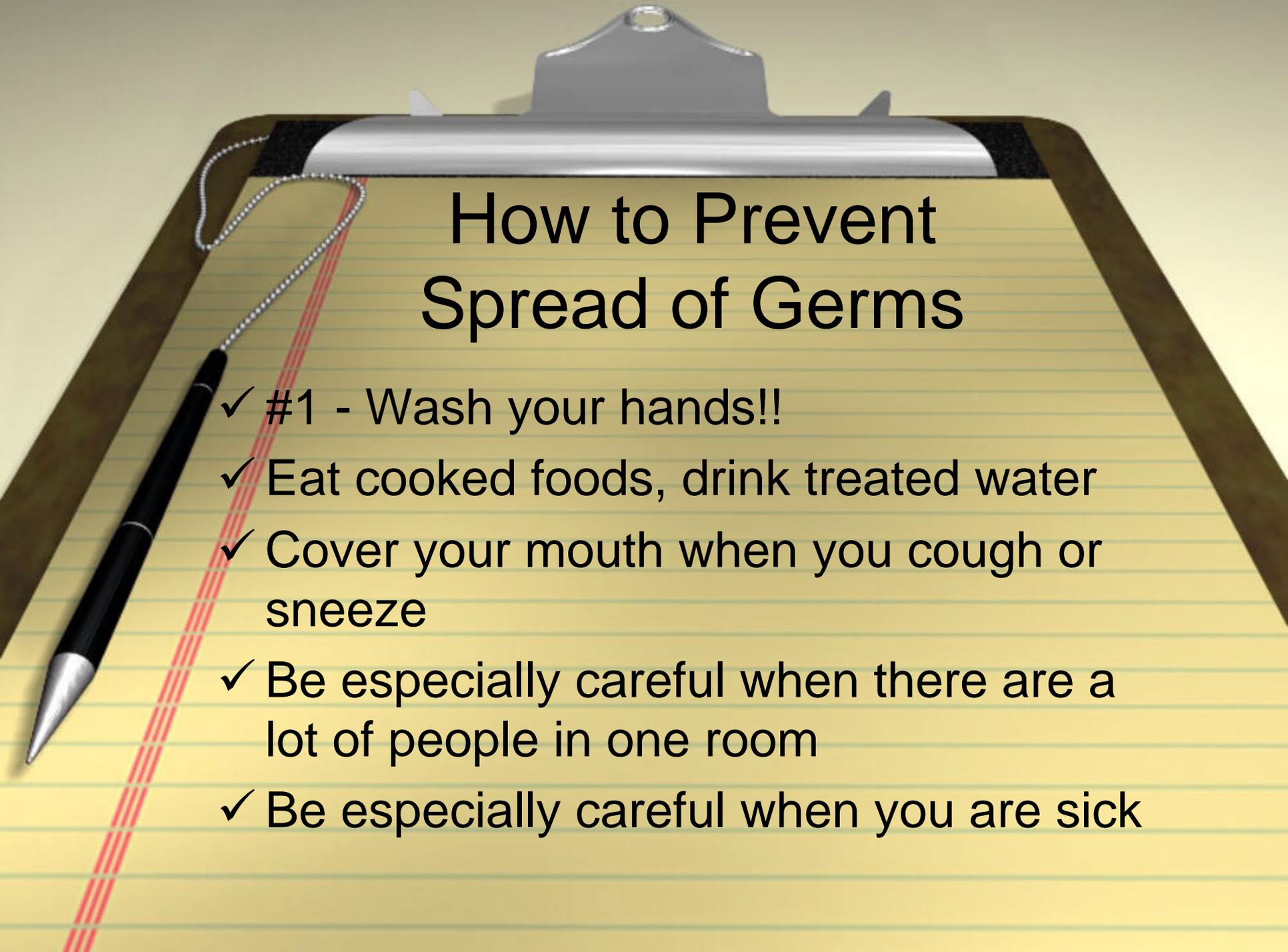


How are germs
spread?



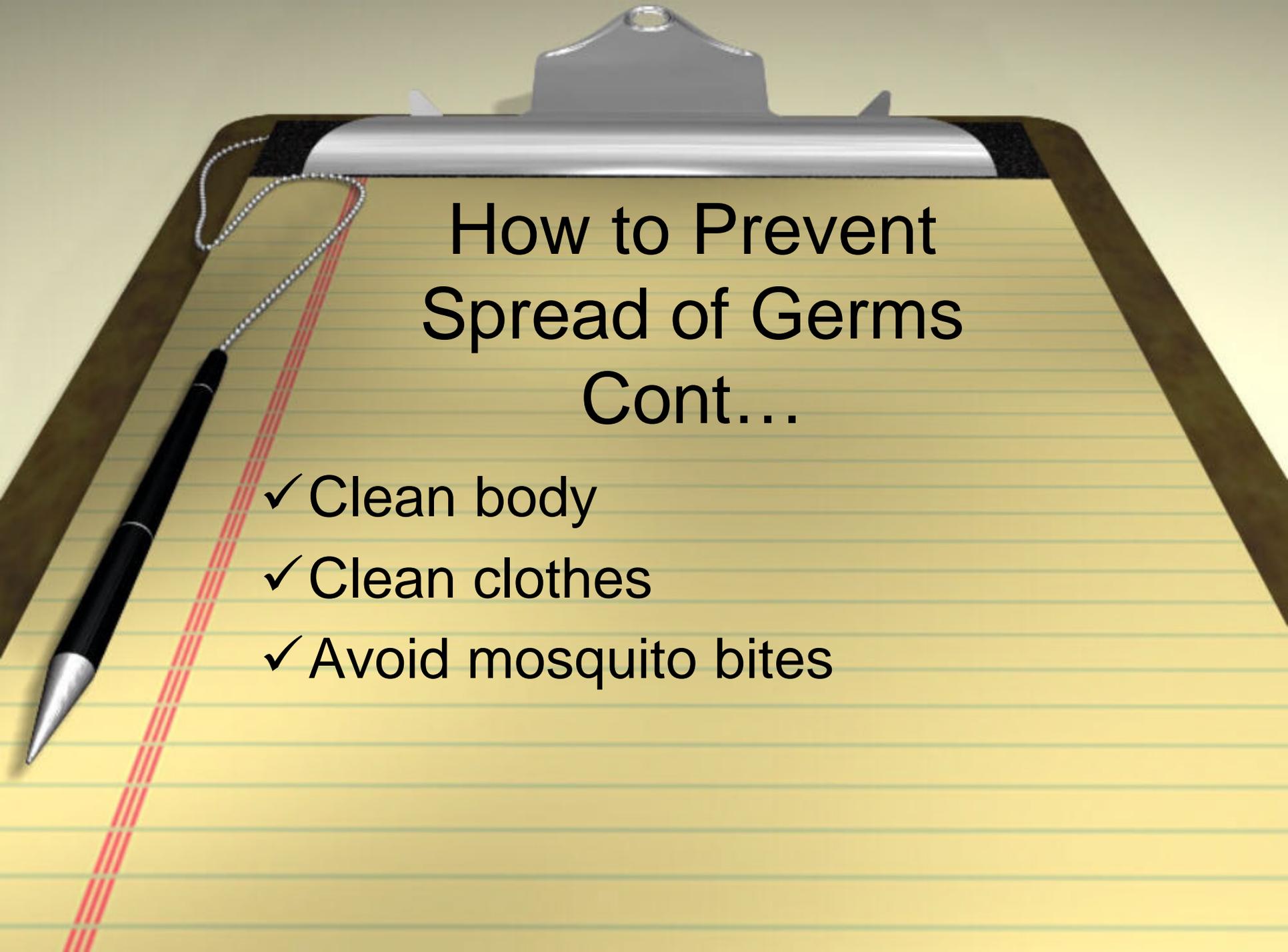
How are germs spread?

- ✓ Eating food that is uncooked
- ✓ Drinking untreated water
- ✓ Breathing close to a sick person
- ✓ Not covering your mouth when you sneeze or cough
- ✓ Being bit by an infected mosquito



How to Prevent Spread of Germs

- ✓ #1 - Wash your hands!!
- ✓ Eat cooked foods, drink treated water
- ✓ Cover your mouth when you cough or sneeze
- ✓ Be especially careful when there are a lot of people in one room
- ✓ Be especially careful when you are sick



How to Prevent Spread of Germs Cont...

- ✓ Clean body
- ✓ Clean clothes
- ✓ Avoid mosquito bites

#1 - Washing Hands!!



WHEN to wash?

- ✓ BEFORE touching any food
- ✓ AFTER using the bathroom
- ✓ AFTER sneezing, coughing, blowing your nose
- ✓ AFTER coming in from outside



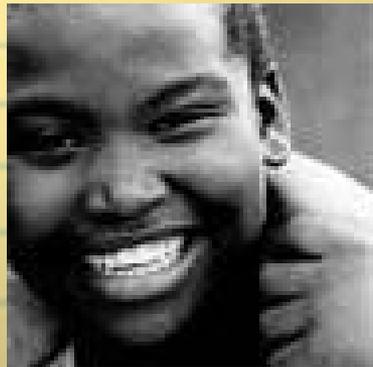
HOW to Wash?

- ✓ Wet hands with water
- ✓ Add soap - rub together, make bubbles
- ✓ SCRUB between fingers, under nails
- ✓ Wash for 20 seconds
- ✓ Rinse well, air dry



Keeping Your Teeth Healthy

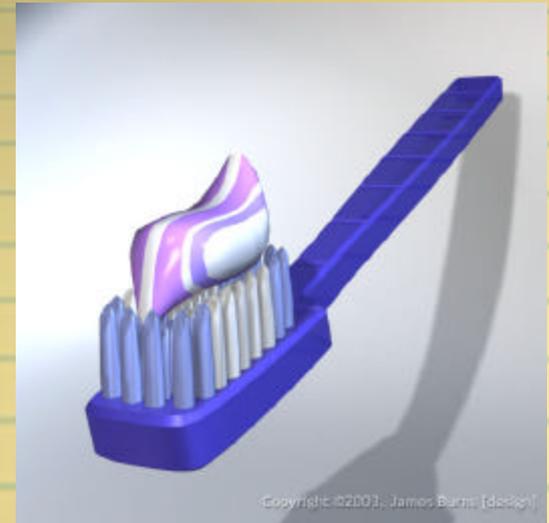
- ✓ There are germs in your teeth
- ✓ Take care of your teeth to prevent cavities, losing teeth, or gum disease



A Haitian smiles.

How to Prevent Germs in Your Teeth

- ✓ Brush your teeth at least 2x a day
- ✓ Floss teeth daily
- ✓ Limit sugary snacks



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Where to Brush

- ✓ Top
- ✓ Bottom
- ✓ Inside
- ✓ Outside
- ✓ Don't forget your tongue!



Keeping Your Body Healthy

- ✓ Take care of yourself every day
- ✓ Drink plenty of water
- ✓ Eat healthy meals
- ✓ Get plenty of sleep



Keeping Your Mind Healthy



- ✓ Everyone has bad days
- ✓ Some days are worse than others
- ✓ Remember that there are people who care about you
- ✓ Talk to someone if you are feeling very sad or upset so they can help you feel better

