



## 5 MESSAGES **TO KEEP YOUR** *family* HEALTHY

**IF YOUR CHILD HAS A SORE THROAT, GET IT CHECKED** by a nurse or doctor. This can prevent rheumatic fever.

To stop skin infections spreading:  
**CLEAN** hands often, **CUT** nails to stop scratching,  
**COVER** sores and cuts with a fabric plaster.

**WASH AND DRY YOUR HANDS**  
after going to the toilet to stop spreading germs.

**BRUSH YOUR TEETH MORNING AND NIGHT**  
to keep them healthy.

Health advice is just a phone call away.  
Call **HEALTHLINE 0800 611 116**