HEALTH EDUCATION PROGRAM FOR DEVELOPING COMMUNITIES
ILLUSTRATIONS
11x17 INCH POSTER (TABLOID) SIZE
2018 EDITION

SET A: 1-25

1. INTRODUCTION (SEE COVER)
2. THE MOST IMPORTANT KNOWLEDGE (A&B)
3. PREVENTION OF DEATHS AND SUFFERING (AB&C)
4. HIV/AIDS
5. PREVENTION OF HIV/AIDS
6. SAFE DRINKING WATER
7. SAFE COOK STOVES
8. HANDWASHING (A&B)
9. IMPROPER DISPOSAL OF EXCREMENT
10. PROPER DISPOSAL OF EXCREMENT
11. FLIES AS DISEASE CARRIERS
12. INSECT AND RODENT CONTROL
13. MOSQUITO CONTROL
14. GARDENS
15. WORM INFECTIONS (A&B)
16. SCHISTOSOMIASIS
17. SAFE FOOD PREPARATION (A&B)
18. BREAST-FEEDING
19. BOTTLE-FEEDING
20. IMPORTANT FACTS ABOUT BREAST-FEEDING
21. DIARRHEA
22. HOW TO MIX ORS (ORAL REHYDRATION SOLUTION)
23. HOW TO TREAT DIARRHEA AT HOME--INCREASED FLUIDS & FOODS
24. WHEN TO TAKE THE PERSON WITH DIARRHEA TO THE HEALTH CARE PROVIDER
25. SIGNS OF DEHYDRATION

SET B: 26-50

26. ORS FOR PREVENTION OF DEHYDRATION
27. ORS FOR TREATMENT OF DEHYDRATION
28. TAKING MEDICATION
29. PREVENTION OF RESPIRATORY INFECTIONS
30. CARING FOR RESPIRATORY INFECTIONS (A&B)
31. TREATMENT OF PAIN AND HIGH FEVER
32. WHEN TO TAKE THE PERSON WHO IS ILL TO THE HEALTH CARE PROVIDER
33. TUBERCULOSIS
34. SCABIES
35. HYGIENE
36. ORAL HEALTH FOR ADULTS
37. ORAL HEALTH FOR CHILDREN
38. NUTRITION-EATING THE RIGHT FOODS (A&B)
39. PHYSICAL ACTIVITY
40. OSTEOPOROSIS
41. HEART DISEASE, STROKE, DIABETES, CANCER, DEMENTIA & OTHER NCDs (A&B)
42. ACID REFLUX DISEASE
43. BACK PAIN (A, B & C)
44. ACCIDENT PREVENTION FOR INFANTS AND TODDLERS
45. DROWNING/ FALLS/ TRAFFIC ACCIDENTS
46. RABIES/ INDOOR SMOKE
47. FIRST AID
48. CHOKING HELP: ABDOMINAL THRUSTS (HEIMLICH MANEUVER)
49. RECOVERING FROM DISASTERS AND OTHER TRAUMATIC EVENTS
50. CONCLUSION-THE MOST IMPORTANT KNOWLEDGE
26. ORS FOR PREVENTION OF DEHYDRATION
27. ORS FOR TREATMENT OF DEHYDRATION
28. TAKING MEDICATION
29. PREVENTION OF RESPIRATORY INFECTIONS

- Breastfeeding
- Vitamin C
- Fruits and vegetables
- Avoid smoking
- Avoid alcohol
- Avoiding a cough without covering the nose or mouth
- Regular handwashing
30A. CARING FOR RESPIRATORY INFECTIONS
30B. CARING FOR RESPIRATORY INFECTIONS
31. TREATMENT OF PAIN AND HIGH FEVER
32. WHEN TO TAKE THE PERSON WHO IS ILL TO THE HEALTH CARE PROVIDER
33. TUBERCULOSIS
34. SCABIES
35. HYGIENE

- Fluoride: x2
- Floss: x1
36. ORAL HEALTH FOR ADULTS
37. ORAL HEALTH FOR CHILDREN
1. Avoid salt.
2. Avoid hot dogs and donuts.
3. Avoid soda and sugar.
4. Avoid alcohol.

Options for nutrition:
- Tofu
- Oatmeal
- Flax seed meal
- Vitamins 
  - D
  - B-12
- Hummus
- Yogurt

Drinking water is also important.
WHO 5 KEYS TO A HEALTHY DIET

1. Avoid baby formula and processed foods. Focus on breastfeeding.

2. Eat a balanced meal with oatmeal, flax seed, hummus, tofu, and yogurt.

3. Include plenty of fruits and vegetables in your diet.

4. Limit processed foods, hot dogs, donuts, and soda.

5. Avoid salt and sugar. 38B. Nutrition
WHO 5 KEYS TO APPROPRIATE PHYSICAL ACTIVITY

1. Replace sitting with walking.
2. Replace driving with cycling.
3. Replace watching TV with playing sports.

39. PHYSICAL ACTIVITY

move for health
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41A. HEART DISEASE, STROKE, DIABETES, CANCER, DEMENTIA & OTHER NCDs
OATMEAL
FLAX SEED
TOFU

HEART DISEASE, STROKE, DIABETES,
CANCER, DEMENTIA & OTHER NCDs
42. ACID REFLUX DISEASE

- Avoid smoking.
- Avoid alcohol and spicy foods.
- Avoid aspirin and ibuprofen.
- Avoid sugar and fatty foods.
- Eat oatmeal.
- Lie on your left side when sleeping.
- Eat smaller, more frequent meals.
43A. CARING FOR BACK PAIN
43C. HOW TO PREVENT BACK PAIN
44. ACCIDENT PREVENTION FOR INFANTS & TODDLERS
45. DROWNING/ FALLS/ TRAFFIC ACCIDENTS
46. RABIES/ INDOOR SMOKE
47. FIRST AID
48. CHOKING HELP: ABDOMINAL THRUSTS (HEIMLICH MANEUVER)
50. THE MOST IMPORTANT KNOWLEDGE