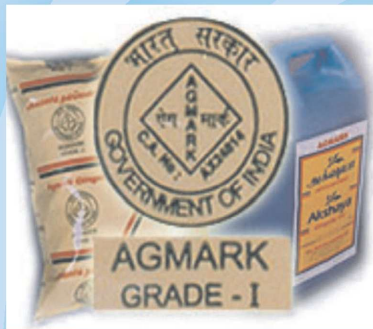


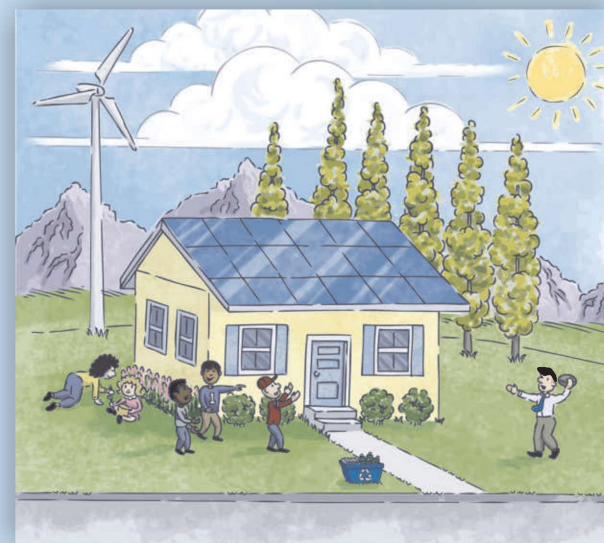
While buying packed food items, mainly infant foods, check the expiry date of the product and the Food standard Symbols.



Clean your homes with a Disinfectant to keep your home free from Germs and microbes and insects.



PERSONAL AND ENVIRONMENTAL HYGIENE



NATIONAL INSTITUTE OF NUTRITION
(Indian Council of Medical Research)
Jamai Osmania PO, Hyderabad
Andhra Pradesh, INDIA

India is a hot and humid Country and we need to practice certain personal hygienic practices to live healthily.

Brush your teeth twice a day once in the morning and once before bed.



Take bath twice a day using Soap.

Wear only clean and washed clothes.

Wear Footwear while outside.

Avoid drinking liquor, smoking and chewing Tobacco



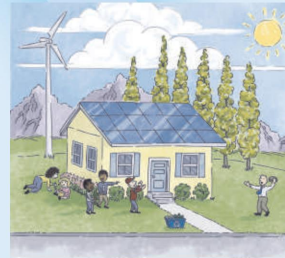
Consult the doctor at the time of sickness



Wash you hands with Soap and water after using the toilet.

Environmental Hygiene

Keep your House and surrounding Areas clean.



Use compost for dumping biodegradable waste as it can be used as Manure.

Do not let water stagnate around your house as it becomes a breeding ground for mosquitoes.



Always use a sanitary Toilet, do not defecate in the open as it contaminates the land and water.

Food Safety

Food items must be stored in Air tight containers.



Always keep the cooked food covered.



Avoid Road side and unhygienic food.

Do not store cooked food for long time. (Especially Milk products and non vegetarian food)

Safe drinking water is important to prevent water Bourne diseases, so drink only boiled water.



Vegetables and fruits should be washed well before cooking.