



Stay healthy and happy every day with our top 13 health tips



03 - 05 October 2017

FREE HEALTHCARE SERVICES

1. Eat five fresh fruit and vegetables every day.
2. Eat less sugar and salt.
3. Drink at least eight glasses of clean, safe water a day
4. Get 30 minutes of physical activity at least five days a week.
5. Stop smoking and substance abuse.
6. Practice safe sex and condomise correctly and consistently.
7. Always use a contraceptive and a condom to prevent pregnancy, STIs and HIV (Dual Protection).
8. Get tested, know your HIV status
9. Know your numbers: blood pressure, sugar level, Body mass Index (BMI) and Cholesterol
10. If you are sick, go to the nearest clinic to get treated before it gets worse.
11. Remember to take your medicine as prescribed by your doctor.
12. Cough into your elbow or cover your mouth with a tissue and throw it away
13. Wash your hands with soap and water before preparing food, every time you eat and after you use the toilet.

