

Connect the blue dots with the yellow/ orange dots.



10 Principles of the National Health and Sanitation

1. Keep your body and personal belongings clean. ●
2. Brush your teeth correctly every day to keep them clean and healthy. ●
3. Wash your hands before eating and after using the toilet. ●
4. Eat freshly cooked and hygienic food. Avoid colourful and excessively flavoured food. ●
5. Refrain from smoking, drinking alcoholic drinks, taking drugs and gambling. ●
6. Maintain close relationship with family. ●
7. Prevent accidents. ●
8. Exercise regularly and have your health checked annually. ●
9. Be happy. ●
10. Contribute to society. ●

