



**BE PREPARED • TAKE PRECAUTIONS • STAY SAFE** 

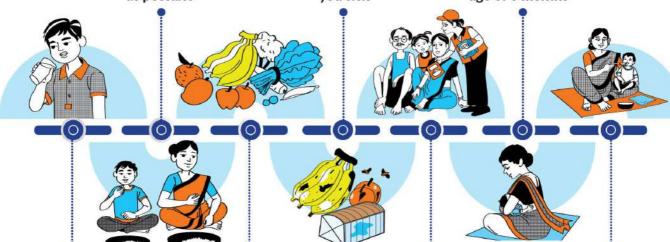
## Eat Safe Food - When in Doubt, Throw it Out



Eat a fresh & balance diet of hot cooked meals as far as possible

Do not consume stale or leftover food as it may make you sick

Continue exclusive breastfeeding for children under the age of 6 months



Drink enough water to stay hydrated

Eat diverse and locally available food

Take special care of nutritional needs of children, pregnant women, sick & elderly Continue complementary feeding for children above the age of 6 months in addition to breastfeeding

HELPLINE 🕲 112







**National Disaster Risk Reduction** Communication Toolkit

When you are safe, volunteer in rescue operations