

# CYCLONE

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE

**Eat safe food, when in doubt throw it out**



Eat a fresh and balanced 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 and elderly



Continue complementary feeding for children above the age of 6 months in addition to breastfeeding



HELPLINE 112

