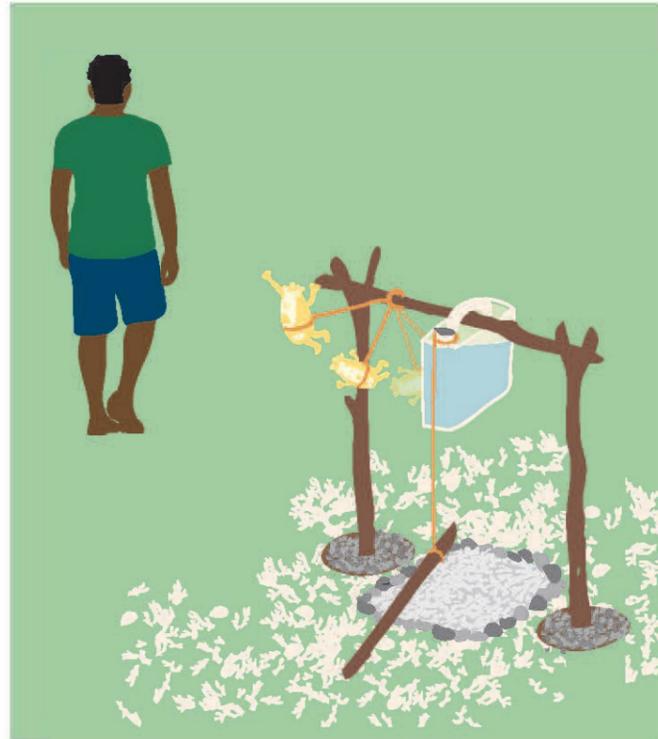
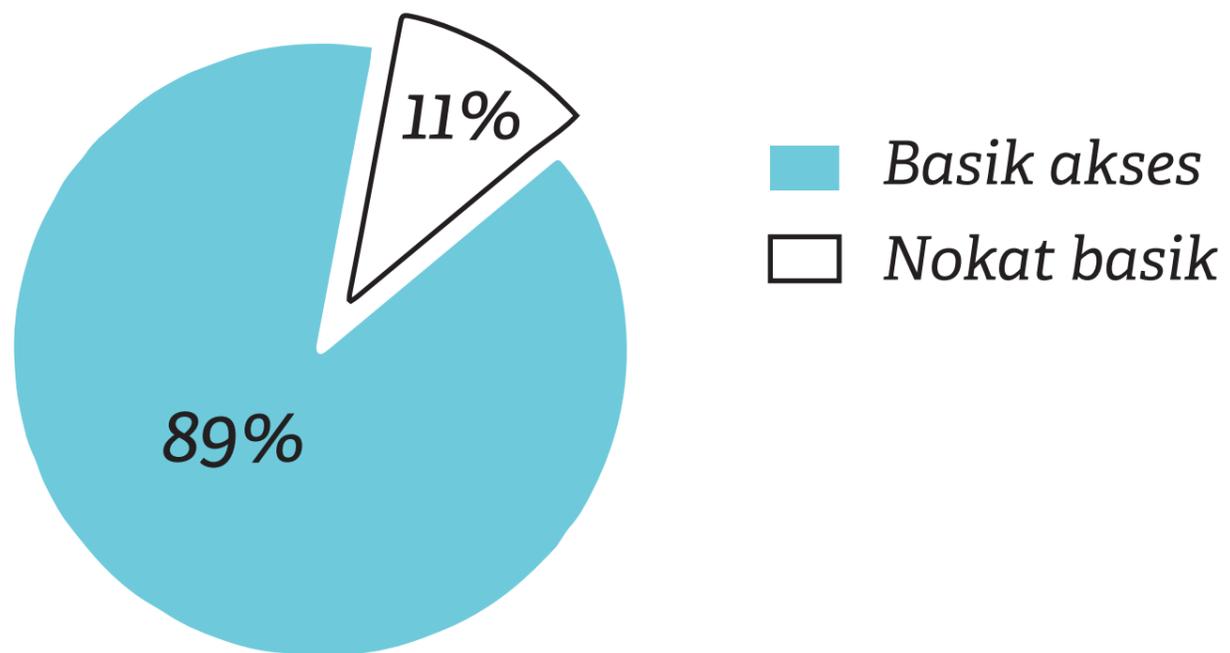




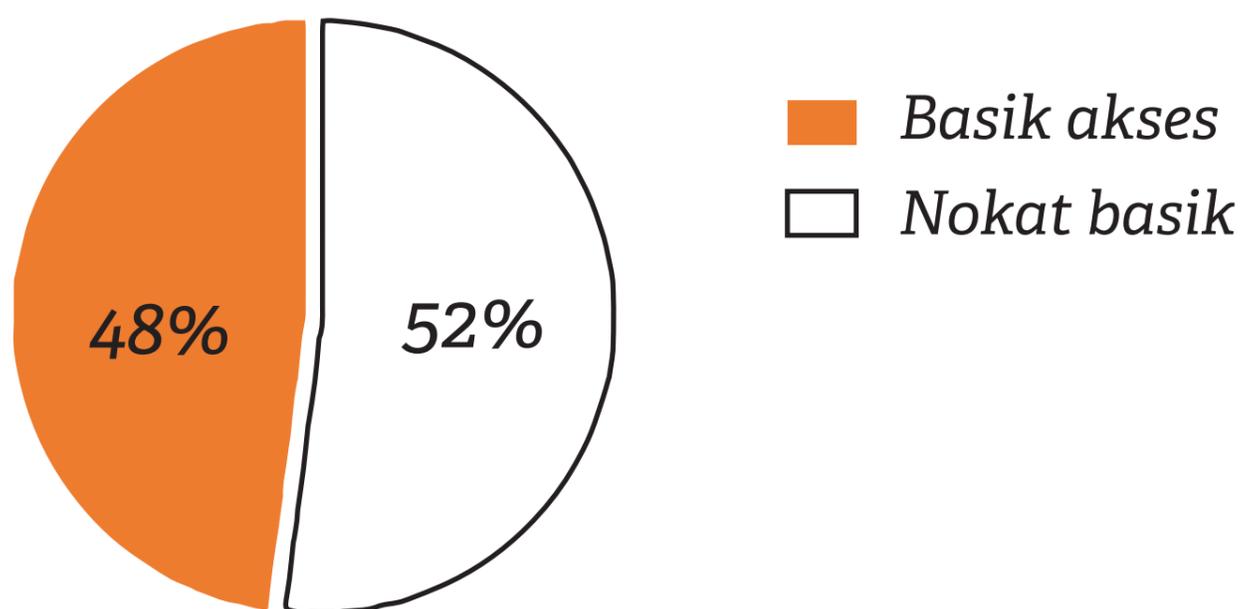
# SOP I GUD LONG YU



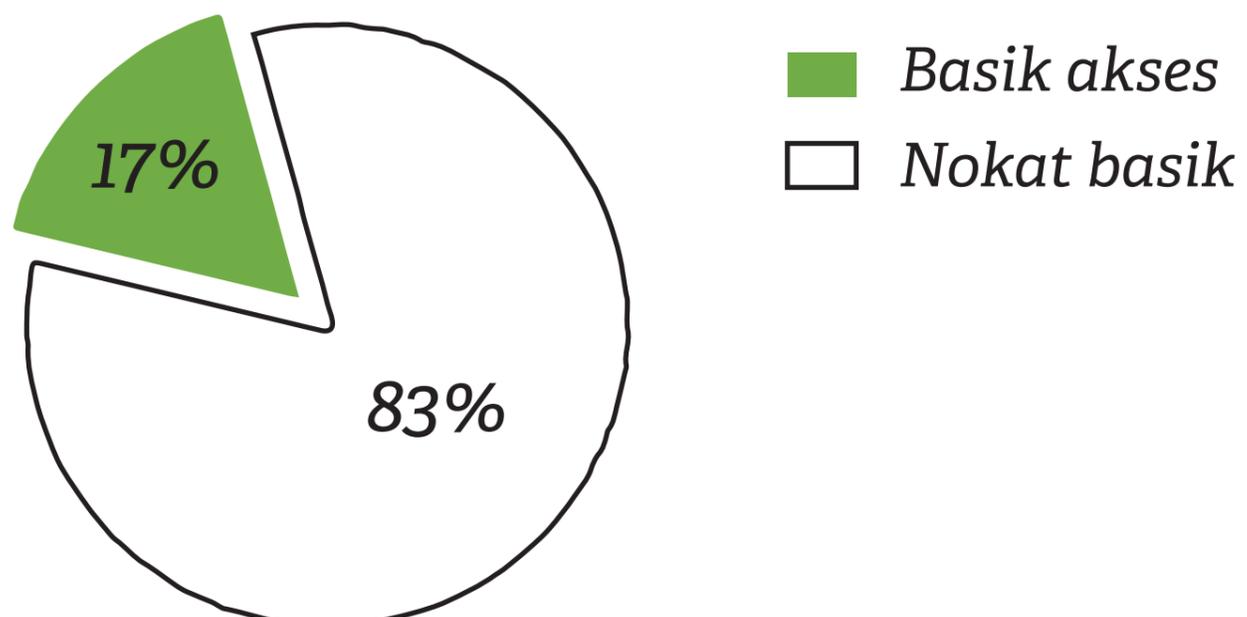
# WOTA AKSES



# SANITESEN AKSES



# HAEJIN AKSES

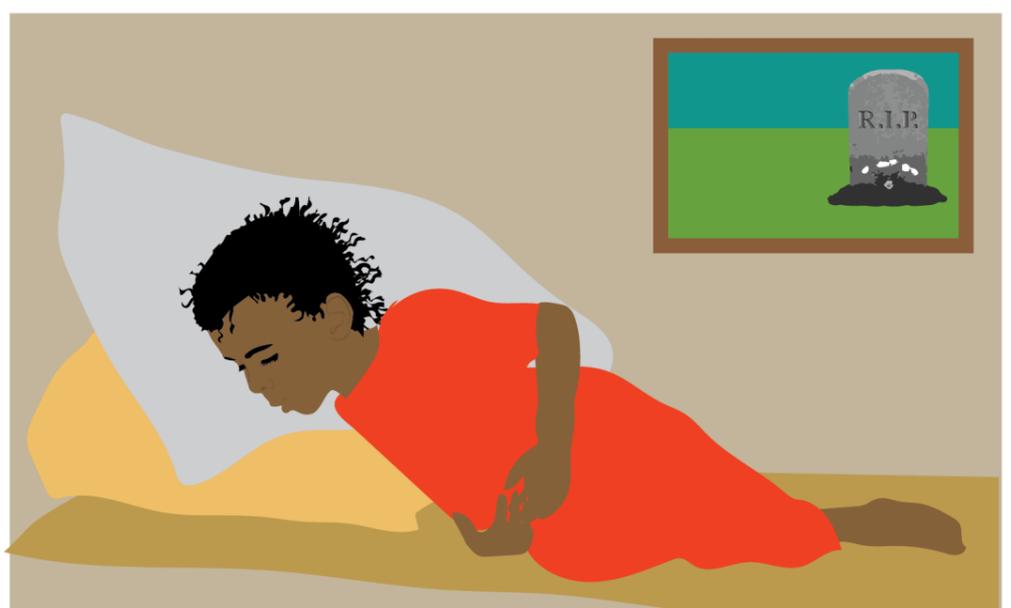
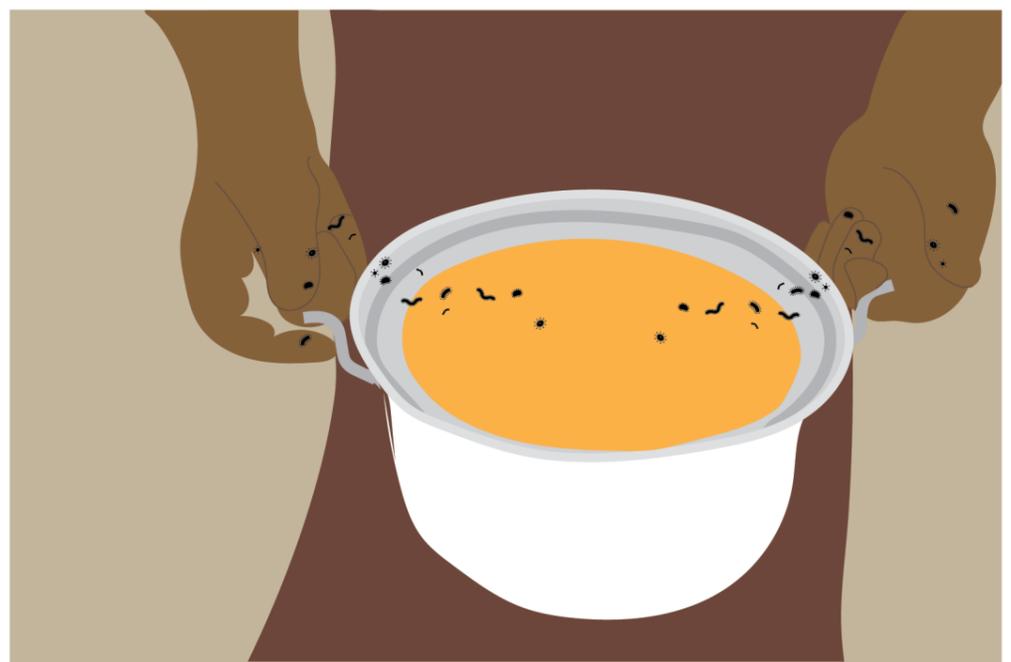


**FACILITATOR NOTES:**

- TALEM TANKIU LONG FAMILI LONG TAEM BLONG OLGETA
- DISKASEN IA BAE I TEKEM....
- TEDE BAE YUMI STORIAN LONG SAED BLONG SANITESEN MO HAEJIN
- SIPOS YU LUK LONG SITUESEN BLONG WASH ( Wota, Sanitesen,Haejin) LONG VANUATU MO BLONG OL PIPOL LONG RUROL ERIA:
  - 89% PIPOL I KAT AKSES LONG GUDFALA WOTA
  - 48% PIPOL I STAP YUSUM GUDFALA TOELET
  - 17% PIPOL I STAP WASEM HAN BLONG OLGETA WETEM WOTA MO SOP

HEMI MINIM SE SANITESEN MO HAEJIN - FASIN BLONG YUMI BLONG FOLWEM INO GUD YET. PUA FASIN IA EMI KOSEM 2 BIGFALA PROBLEM

# SITSIT WOTA EMI MEIN KOS BLONG DED LONG OL PIKININI ANDA LONG 5 YIA



**FACILITATOR NOTES:**

**SITSIT WOTA** EMI MEIN KOS BLONG DED BLONG  
OL SMOL PIKININI ANDA LONG 5 YIA, BITIM OL  
NARAFALA SIK IA:

- RESPIRATORI DISIS (NO SAVE PULUM WIN GUD)
- KOF
- TRAOT
- OL NARAFALA WAN

**1 LONG EVRI 3 PIKININI  
ANDA 5 YIA  
I KASEM STANTING**



**STANTING I MINIM SE HAET (O  
GRO) BLONG PIKININI  
INO MATJEM EIJ BLONG HEM**

**FACILITATOR NOTES:**

**STANTING** EMI WAN KAEN MAL -NUTRISEN O SIK  
BUNBUN

STANTING EMI WAN KONDISEN WEA PIKININI INO  
DIVELOP GUD FROM SE HEMI NO RISIVIM INAF  
LONG OL NUTRIEN (O PIKININI INO KAIKAI GUD OL  
TRIFALA KAEN HELTI KAKAE) LONG PERIOD BLONG  
(FES 1,000 DEI O TAEM WE BEBI I STAP LONG BEL  
BLONG MAMA KASEM HEMI BORN MO KASEM TAEM  
WE HEMI 2 YIA)

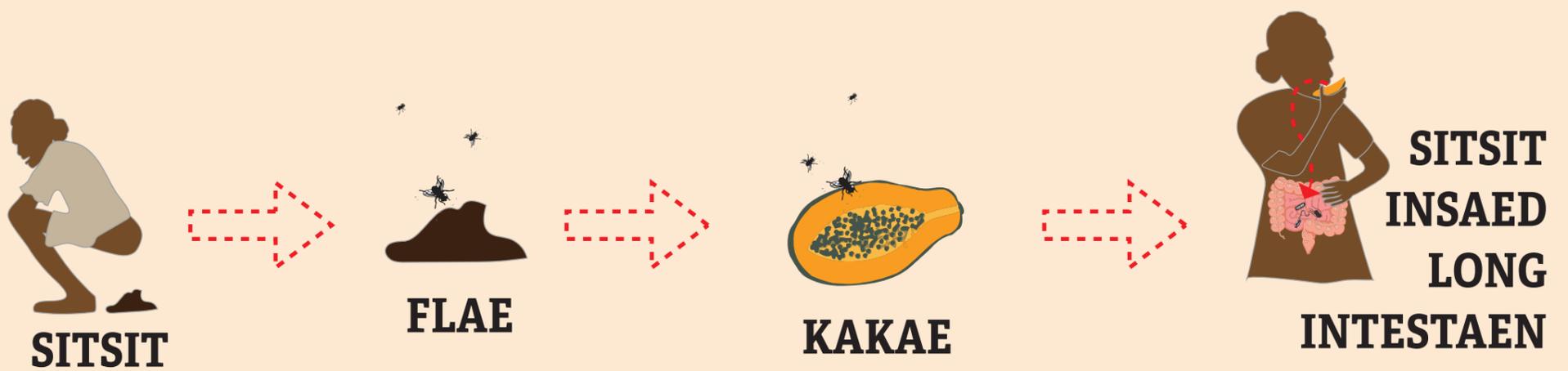
SIPOS WAN PIKININI HEMI STANTED BAE I  
AFEKTEM DIVELOPEM BLONG HEM OLSEM:

- HAO BODI BLONG HEM EMI GROW
- ABILITI BLONG SAVE LANEM GUD  
SAMTING LONG SKUL

TUFALA SAMTING IA BAE OLI AFEKTEM OL  
OPOTUNITI BLONG OL PIKININI LONG FUL LAEF  
BLONG OLGETA

# OLSEM WANEM NAO YU SAVE KASEM SITSIT WOTA?

YU KASEM SITSIT WOTA FROM SE SITSIT I GO  
INSAED LONG BODI BLONG YU TRU LONG OL  
FASIN OLSEM WE I STAP LONG OL PIKJA IA:



**FACILITATOR NOTES:**

**OL MEIN RISEN FROM WANEM YU KASEM SITSIT WOTA** – EMI SE YU INJESTEM O SWALOEM SITSIT, ESPESELI TRU LONG OL FASIN OLSEM:

- AFTA WE YU GO LONG TOELET, SITSIT I STAP LONG HAN BLONG YU FROM YU NO WAPEM GUD BIHAEN BLONG YU
- SIPOS OL FLAE, RAT, KAKROS OLI KAT AKSES LONG SITSIT MO FLAE OVA O KROL O SIDAON LONG KAIKAI BLONG YU...
- SIPOS SITSIT I KO LONG WOTA SOS BLONG YU, WE YU SAVE DRING

BABAE YU LUK OL PIKJA MO TINGTING SE: “YUMI NO SITSIT OLBAOT, BE YUMI YUSUM TOELET!”

BE.... SIPOS TOELET EMI LUK OLSEM:





**YU TING SE OL  
FLAE, RAT MO  
KAKROS OLI NO  
SAVE AKSESEM  
LONG PIT?**



**FACILITATOR NOTES:**

**POENTEM AOT OL HOL LONG SAED BLONG SLAB  
FLAE, RAT MO KAKROS OLI SAVE GO INSAED IA!**

**SIPOS OL TOELET OLI NO GUD, SITSIT I STAP  
OLBAOT LONG KOMUNITI**

# TUFALA MEIN KOS BLONG STANTING:

**PUA NUTRISEN**  
(KAKAE WE YU KAIKAI  
INO HELTI)



# PUA SANITESEN MO HAEJIN

SANITESEN  
WE I NO  
SEIF



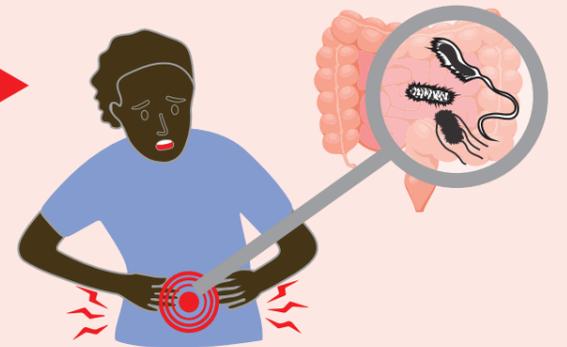
PUA HAEJIN



KONSTEN O  
REKULA EXPOSA  
LONG SITSIT



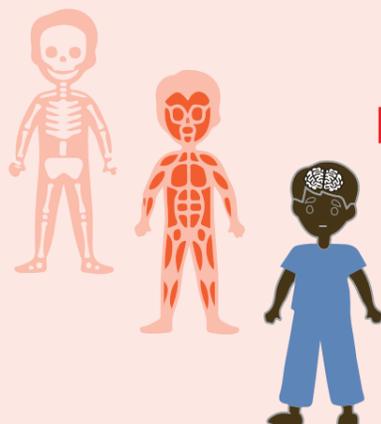
KRONIK INFEKSEN  
BLONG GAT O  
INTESTAEN



FELIA BLONG  
ABSOBEM  
OL NUTRIEN



PUA DIVELOPMEN  
BLONG OL BUN, MASEL  
MO BREIN BLONG  
PIKININI



FISIKEL MO  
INTELEKTUEL  
PRODAKTIVITI  
EMI LOW



## **FACILITATOR NOTES:**

### **OL KAKAE WE OLI NO HELTI:**

- WAET RAES, SUGA, NOODLE, OL KAKAE WE I KAT FULAP KRIS – OL KAEN KAKAE IA NAO OLI NO HELTI
- BODI I NIDIM OL NUTRIEN BLONG SAVE GROW GUD MO STAP HELTI
- SPESELI LONG FES 1,000 DEI, EMI IMPOTEN BLONG KAKAI HELTI

### **SIPOS YU MESTEM JANIS IA LONG FES 1,000 DEI, BAE YU NOMO SAVE KATJAP!**

### **REKULA EXPOSA LONG SITSIT:**

- SIPOS SITSIT I STAP OLBAOT OLTAEM BAE I GO INSAED LONG BODI BLONG YU *mekem se*:
- SITSIT I KOSEM KRONIK INFEKSEN LONG GAT O INTESTAEN *mekem se*:
- BODI INO SAVE ABSOBEM OL NUTRIEN, *mekem se*:
- DIVELOPMEN BLONG OL BUN MO MASEL BLONG PIKININI MO
- DIVELOPMEN BLONG BREIN BLONG HELPEM PIKININI BLONG LANEM SAMTING LONG SKUL I PUA *mekem se*:
- FISIKEL MO INTELEKTUEL PRODAKTIVITI BLONG PIKININI I LOW MOA...

# HAO BLONG RIDIUSUM STANTING?

**TAEM YU KAT BEL**

Yu mas kakai → helti kakai

**KASEM 6 MANIS**

Kakae blong bebi emi melek blong titi nomo

Bebi i save kakai solid kakae we i balens wetem trifala kaen kakae

+

+

+

beb i save dring klin mo seif wota oltaem

**AFTA LONG 6 MANIS**

Kipim ol toelet i klin mo wasem han wetem sop Oltaem!

Yu no wantem sitsit long han blong yu!

**SOP I GUD LONG YU**

1000 dei!  
ol pikinini oli strong tumas!

## **FACILITATOR NOTES:**

### **GUDEFALA KAKAE:**

- FES 1,000 DEI PERIOD EMI IMPOTEN TUMAS – YU NO MESTEM
  - DEI 1 EMI TAEM MAMA HEMI KAT BEL
  - DEI 1,000 EMI TAEM PIKININI HEMI KASEM 2 YIA BLONG HEM
- OL MAMA WE OLI KAT BEL OLI MAS KAKAI HELTI – BEBI I RISIVIM OL NUTIREN TRU LONG MAMA!
- OL MAMA OLI MAS GIVIM TITI NOMO LONG FES 6 MANIS AFTA WE BEBI I BORN
- GIVIM BEBI HELTI KAKAE OLTAEM – YU NO MASEMAP RAES O MAKRONI (NOODLE) NOMO – YU NO LES!

### **SANITASEN MO HAEJIN:**

NO SITSIT OLBAOT! YUSUM GUDEFALA TOELET MO WASEM HAN WETEM SOP OLTAEM  
DRING KLIN WOTA – BOELEM FESTAEM SIPOS INO KLIN GUD

# SOP I GUD LONG YU



Olsem wanem blong  
priventem sitsit i go  
insaed long bodi  
blong yu tru long  
ol fasin olsem:



## **FACILITATOR NOTES:**

I KAT 2 MEIN WEI BLONG STOPEM SITSIT I STAP  
OLBAOT:

### **1. YUSUM WAN GUDFALA TOELET – WAN WE:**

- EMI NO STAP KLOSAP LONG WOTA SOS BLONG YU
- EMI STOPEM FLAE, RAT MO KAKROS BLONG  
INSAED LONG PIT
- EMI KLIN OLTAEM

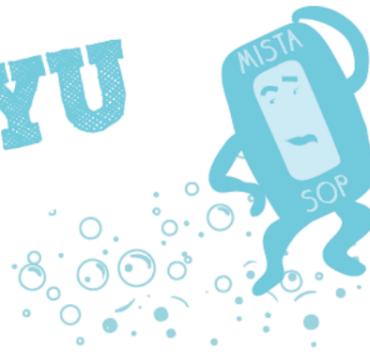
POINTEM AOT LONG PIKJA: TOELET I PRIVENTEM  
SITSIT I GO LONG WOTA MO LONG KAREN, MO  
BLOKEM FLAE BLONG KAT AKSES LONG SITSIT  
LONG TOELET PIT.

### **2. WASEM HAND WETEM WOTA MO SOP BIFO**

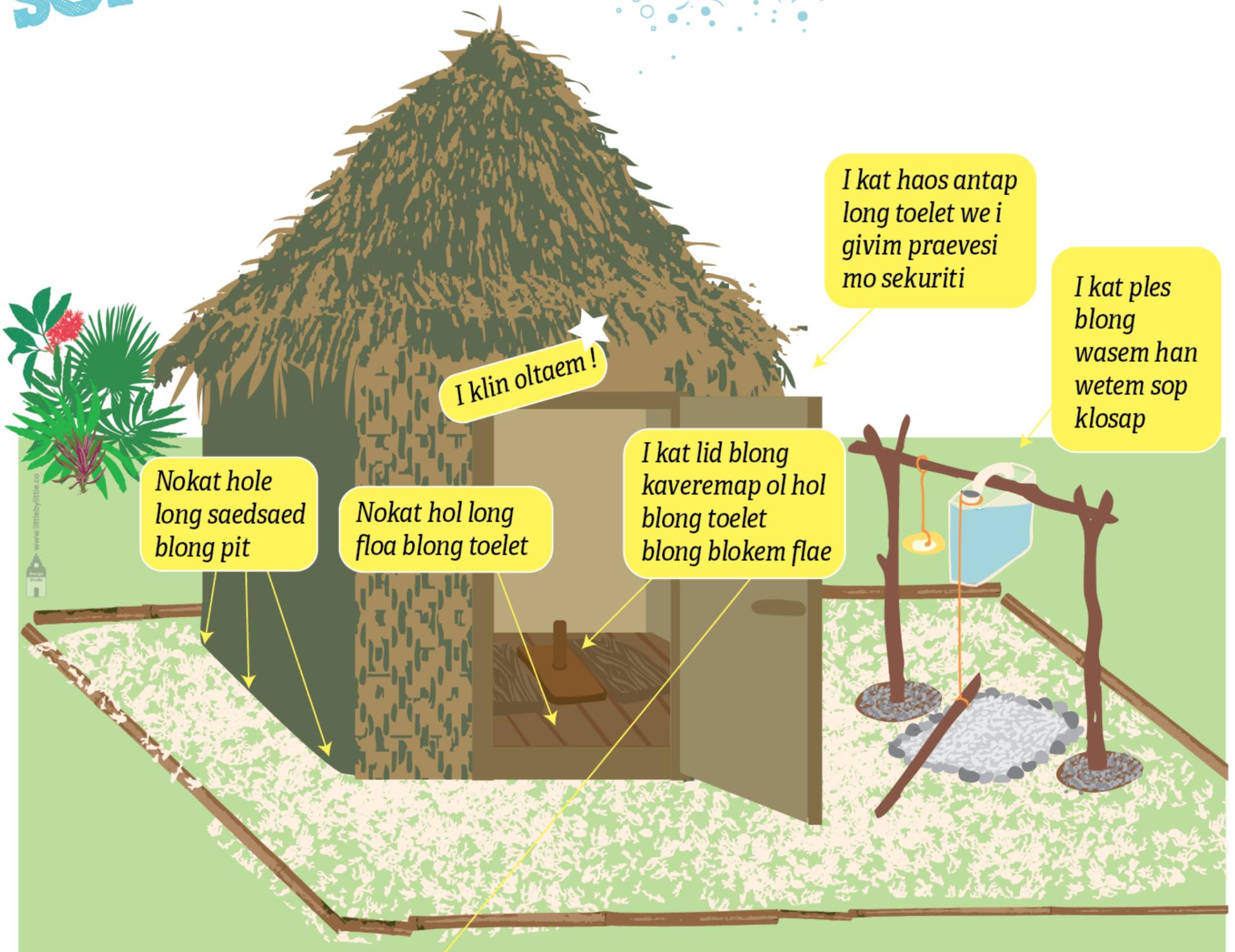
YU PRIPEREM KAKAE, BIFO YU KAKAI, MO AFTA YU  
YUSUM TOELET O KLINIM BEBI.

POINTEM AOT LONG PIKJA: WASEM HAN WETEM  
WOTA MO SOP BIFO YU KUKUM KAKAE MO BIFO  
YU KAKAI, FASIN IA I SAVE PRIVENTEM SITSIT I KO  
LONG MAOT BLONG YU.

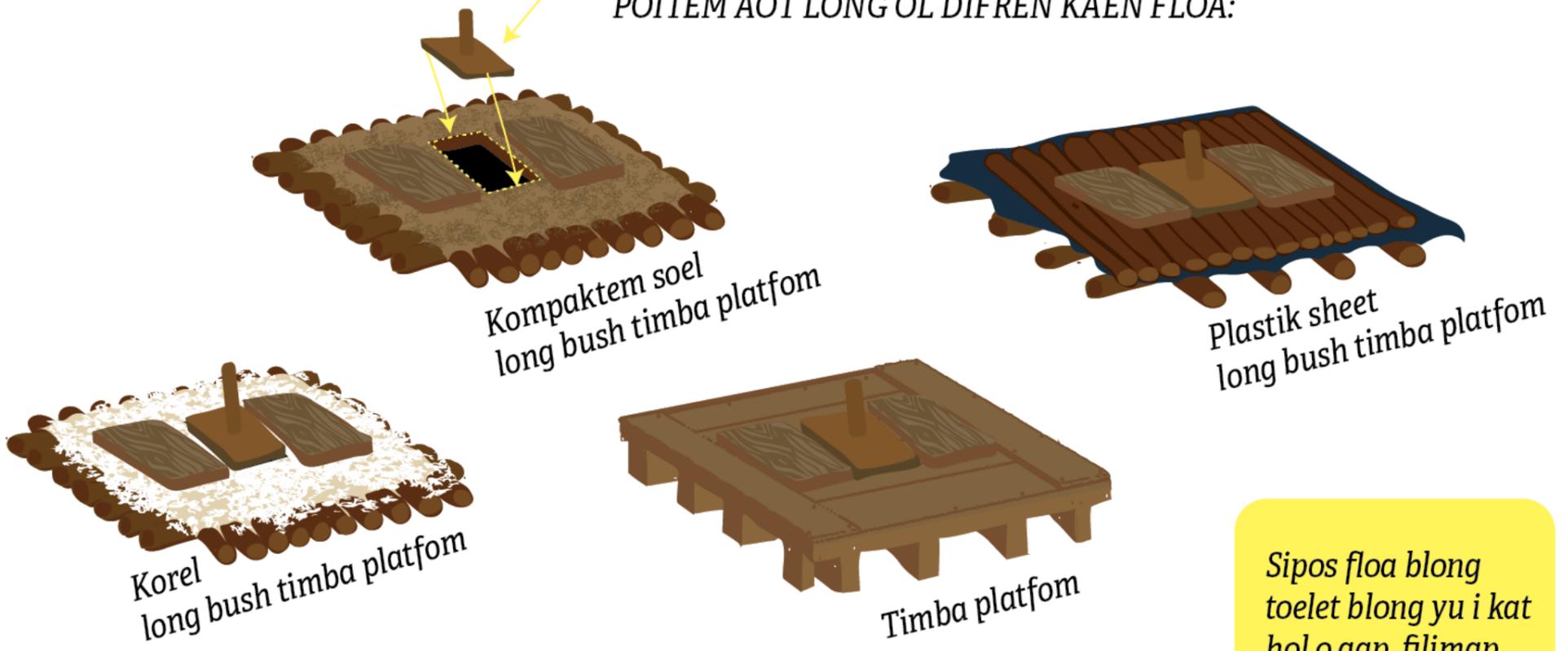
# SOP I GUD LONG YU



Wanem ia wan gudfala toelet?



## POITEM AOT LONG OL DIFREN KAEN FLOA:



Sipos floa blong toelet blong yu i kat hol o gap, filimap wetem ol smol ston, korel, kraon, klei o narafala wei

"BLOKEM OL FASIN BLONG TOTI INO KASEM YU!"

**FACILITATOR NOTES:**

**DEFINISEN BLONG SANITESEN EMI OLSEM:**

*“BLOKEM OL FASIN BLONG TOTI  
INO KASEM YU”*

**WAN GUDFALA TOELET EMI:**

- NO KAT HOL LONG FLOA BLONG TOELET
- NO KAT HOL LONG SAEDSAED BLONG PIT
- I KAT LID BLONG KAVEREMAP OL HOL BLONG TOELET (OLSEM OL TOELET WE YU SKWAT LONG HEM, O TOELET WE I KAT SEAT LONG HEM) BLONG BLOKEM FLAE
- I KAT HAOS ANTAP LONG TOELET WE I GIVIM PRAEVESI MO SEKURITI
- I KLIN OLTAEM
- I KAT PLES BLONG WASEM HAN WETEM SOP KLOSAP

**POITEMAOT LONG OL DIFREN KAEN FLOA:**

- SIPOS FLOA BLONG TOELET BLONG YU I KAT HOL O GAP FILIMAP WETEM OL SMOL STON, KOREL, KRAON, KLEI O NARAFALA WEI

# SOP I GUD LONG YU



Ministry of Health  
Vanuatu Government  
Republic of Vanuatu



**FACILITATOR NOTES:**

**ASKEM: PIKJA EMI TALEM WANEM?**

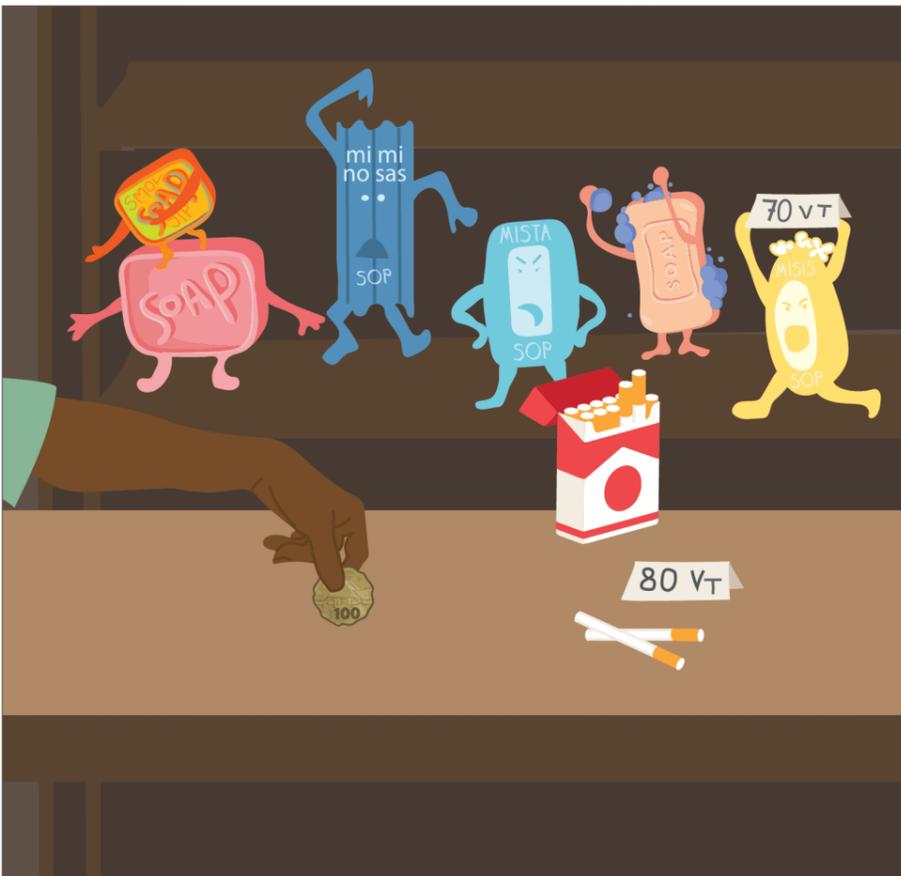
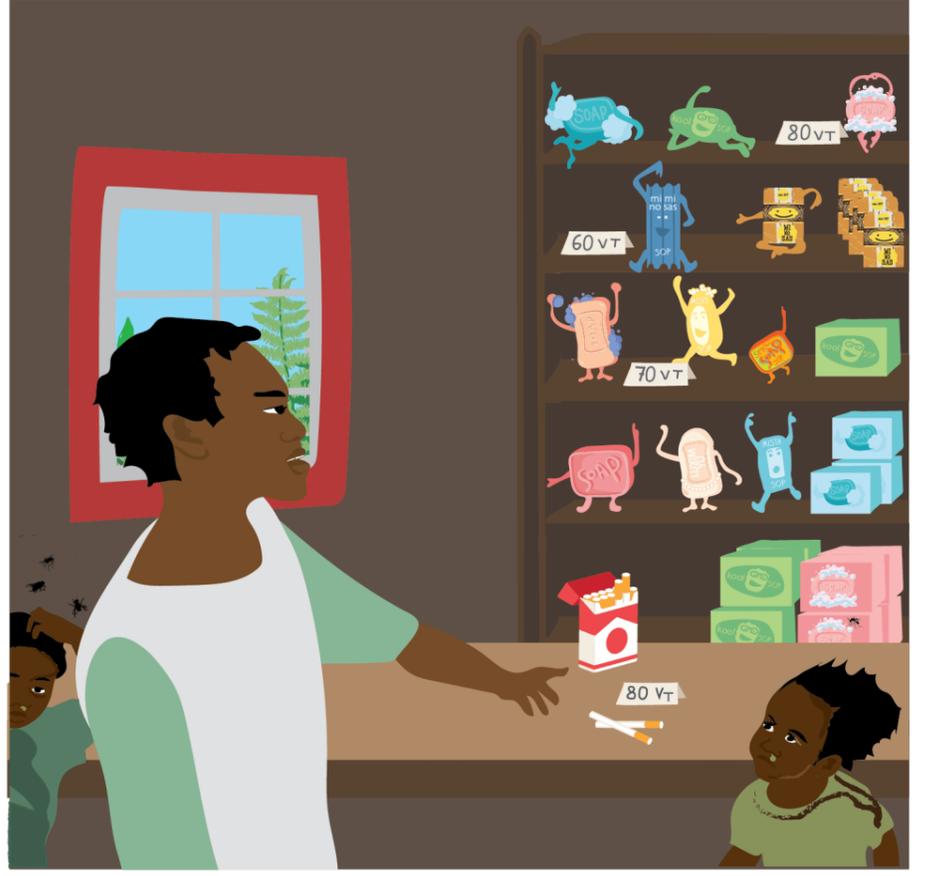
**FROM WANEM YUMI MAS YUSUM WOTA MO SOP?**

- SOP EMI BEST WEI BLONG KILIM BEBET/JEM
- LEMON EMI SMEL NAES BE EMI NO SAVE DISINFEKTEM HAN O KILIM BEBET/JEM LONG HAN BLONG YU
- ASIS BLONG FAEA EMI SAVE DISINFEKTEM HAN BLONG YU BE, SMOL NOMO
- PLUS, SIPOS YU SAKEM ENI TOTI INSAED LONG FAEA (OLSEM NIUPEPA, OL TIN, PLASTIK etc.), OL KEMIKEL IA BAE I STAP LONG HAN BLONG YU. SOP EMI NO SAVE KLINIM KAEN KEMIKEL IA!

**SOP EMI DISINFEKTEM O KILIM BETBET/JEM LONG HAN BLONG YU, WOTA EMI WASEM AOT OL TOTI LONG HAN BLONG YU.**

**YUSUM SOP OLTAEM – SOP I GUD LONG YU!**

# SOP I GUD LONG YU



*Yu tink se Papa  
hem i pem wanem?  
Sop i nos sas...*



**FACILITATOR NOTES:**

**ASKEM: PIKJA EMI TALEM WANEM?**

- **PLANTE MAN MO WOMAN OLITING SE SOP I SAS, BE UFALA I TING SE EMIA I TRU?**
- **WANEM PRAEORITI BLONG YU?**

**TINGTING STRONG LONG HELT BLONG FAMILI BLONG YU!**

# SOP I GUD LONG YU



*No spolem ol narawan! Evriwan mas yusum  
gud toalet, wota mo sop!*

**FACILITATOR NOTES:**

- **ASKEM: PIKJA EMI TALEM WANEM?**
- **SIPOS SAM FAMILI I NO KAT GUDFALA TOELET, OLGETA WE OLI LIV KLOSAP BAE OLI KAT KONTAK WETEM SITSIT**
- **OL FLAE, RAT MO KAKROS BAE OLI KAREM SITSIT I GO OLBAOT LONG ERIA IA!**

***[NAO IA BAE YU WETEM FAMILI, YUFALA I GO INSPEKTEM TOELET MO PLES BLONG WASEM HAN BLONG YUFALA MO FILIM AOT MONITARING FORM, MO DISKASEM WANEM FAMILI I MAS MEKEM BLONG IMPRUVUM OL FASILITI BLONG YUFALA]***



Ministry of Health  
Vanuatu Government  
Republic of Vanuatu

