



HIV/AIDS

AIDS HELPLINE
0800-012-322

AND THE FARMING COMMUNITY



— Stay healthy —

Sleep, food and exercise are important

A person with HIV/AIDS must keep his or her body strong. Here are some ways how to do it. Even healthy people and their children can benefit from these basic guidelines.

How to improve your health

- ♀ Eat healthy and nutritious food such as eggs, beans, lentils, fruit, fish and meat.
- ♀ Wash fruit and vegetables well before use.
- ♀ Do not smoke or smoke as little as possible.
- ♀ Do not drink too much alcohol.
- ♀ Make sure that the meat you buy is safe and was handled properly.



♀ Cook food thoroughly.

♀ Do not keep food for too long. Meat and fish which are left at room temperature for more than 2 hours are easily infected by harmful germs.



- ♀ Wash hands before working with food.
- ♀ Clean working surfaces before working with raw foods.
- ♀ Keep dishcloths and cutlery clean.
- ♀ Store food in tightly sealed containers.
- ♀ Use clean water for drinking.



SEE A HEALTH-WORKER AS SOON AS YOU BECOME ILL

For further information contact your nearest health clinic

or

AIDS HELPLINE Tel: 0800 012 322



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