

TELEPHONE: 363 2574
FAX: 3170 155
TELEGRAMS: RABONGAKA
TELEX: 2818 CARE BD



MINISTRY OF HEALTH & WELLNESS
PRIVATE BAG 0038
GABORONE

Republic of Botswana

REF: MH 14/30/1AIV

28th March 2018

To: All Media Houses

EASTER HOLIDAY MESSAGE

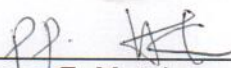
The Ministry of Health and Wellness wishes the public a wonderful Easter filled with love, peace and happiness. It advises that the public take responsibility health of their health during these holidays. The public is reminded to:

- Practice good hygiene at all times; wash hands before handling food, wash fruits & vegetables thoroughly before consumption.
- Not use food beyond its expiry date
- Avoid listeriosis prone products; ready to eat meats such as polony, Russians from Enterprise and Rainbow brands.
- Cook food thoroughly
- Eat foods with less additives , salts and spices
- Drink water regularly

The public is further advised to:

- Reduce excessive intake of alcohol and cigarettes
- Avoid drinking and driving; those on medication should avoid alcoholic beverages.
- Practice safe sex by Abstaining, Being faithful and Condomising (ABC).
- Always carry first aid kit and disposable gloves to assist in accidents emergencies should the need arise.
- Avoid public indecency such as defecating in public and urinating in public
- Take medication according to doctor's instructions

We assure the public that our health facilities are open to provide health care and support during the holidays. For more information, please call 3632574/ 3632020.



Doreen F. Motshegwa
Chief Public Relations Officer
For Acting Permanent Secretary

Vision: *A healthy nation by 2023*

Values: *Botho, Equity, Timeliness, Customer Focus, Teamwork
Accountability*

