

DON'T BECOME A VICTIM



HOW CAN SEXUAL CONTACT OF AIDS BE PREVENTED.

- Don't pick up or have sex with people you don't know very well. (male or female)
- Avoid people who have more than one sexual partner.
- Reduce your sexual partners.
- Use condoms when having sex with someone other than your regular faithful partner.
- Find out where to get your condoms now!

LOVE SAFELY

CALLING ALL ASPIRANT WOMEN-WRITERS!



The Women Writers association of South Africa (as part of COSAW) would like to make contact with Namibian Women Writers with a view to compiling an anthology of their writings. They would also like to hold a seminar on Womens writing in the near future.

If you are interested, please telephone Rosa Namises or Nangula at 217621 at the CCN office in Katutura.

EVERY WEEK A QUARTER OF A MILLION CHILDREN DIE IN THE DEVELOPING WORLD

Facts for Life — [UNICEF.WHO.UNESCO]

THE TOP TEN

The following are the top ten messages distilled from *FACTS FOR LIFE*. (available at the *SISTER Resource Centre*)

- 1 The health of both women and children can be significantly improved by spacing births at least two years apart, by avoiding pregnancies before the age of 18, and by limiting the total number of pregnancies to four.
- 2 To reduce the dangers of childbearing, all pregnant women should go to a health worker for pre-natal care and all births should be assisted by a trained person.
- 3 For the first few months of a baby's life, breastmilk *alone* is the best possible food and drink. Infants need other foods, in addition to breastmilk, when they are four-to-six months old.
- 4 Children under three have special feeding needs. They need to eat five or six times a day and their food should be specially enriched by adding mashed vegetables and small amounts of fats or oils.
- 5 Diarrhoea can kill by draining too much liquid from a child's body. So the liquid lost each time the child passes a watery stool must be replaced by giving the child plenty of the right liquids to drink — breastmilk, diluted gruel, soup, or a special drink called ORS. If the illness is more serious than usual, the child needs help from a health worker — and the special ORS drink. A child with diarrhoea also needs food to make a good recovery.
- 6 Immunization protects against several diseases which can cause poor growth, disability, and death. All immunizations should be completed in the first year of the child's life. Every woman of child-bearing age should be immunized against tetanus.
- 7 Most coughs and colds will get better on their own. But if a child with a cough is breathing much more rapidly than normal, then the child is seriously ill and it is essential to go to a health centre quickly. A child with a cough or cold should be helped to eat and to drink plenty of liquids.
- 8 Many illnesses are caused because germs enter the mouth. This can be prevented by using latrines; by washing hands with soap and water after using the latrine and before handling food; by keeping food and water clean; and by boiling drinking water if it is not from a safe piped supply.
- 9 Illnesses hold back a child's growth. After an illness, a child needs an extra meal every day for a week to make up the growth lost.
- 10 Children between the ages of six months and three years should be weighed every month. If there is no gain in weight for two months, something is wrong.