

Healthy practices for those using air-raid shelters. Colour lithograph.

Publication/Creation

[London] : Printed for H.M. Stationery Office : Ministry of Health : Central Council for Health Education, [between 1900 and 1999] (London : Chromoworks Ltd.)

Persistent URL

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SIX HEALTH HINTS



Wash all over if possible before going to the shelter



Change all underclothes before going to the shelter—they need airing after daytime wear



Germs of many diseases enter through the mouth—try always to wash your hands before you handle food



Remove all bedding from shelter frequently for cleaning and airing



Keep the ventilators open—you must have fresh air from outside



Don't leave litter about— even crumbs encourage vermin and flies, both carriers of disease

KEEP FIGHTING FIT

