Trachoma prevention in Ethiopia with lettering and number 7 on verso. Colour lithograph for the Ethiopia Ministry of Health, ca. 2000.

## **Publication/Creation**

[Ethiopia]: [publisher not identified], [2000?]

## **Persistent URL**

https://wellcomecollection.org/works/ffd46mbh

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• የትራኮማን በሽታ እንዴት መከላከል ይቻላል?

• የበሽታው ተጠቂዎች ህመሙ ሲበዛባቸው ምን ያደርጋሉ ?

የትራኮማን በሽታ ለመከላከል ከዚህ በታች የተዘረዘሩትን መሬፀምአስፈላጊ ነው ፡፡

- እጅንና ፊትን ዘወትር ጠዋትና ማታ እንዲሁም ከሥራና ከመፀዳጃ ቤት መልስ መታጠብ
- ፊታችንን በምንታጠብበት ጊዜ ዓይኖቻችን በደንብ መፅዳታቸውን ጣረጋገገጥ
- ሕፃናት የግል ንፅህናቸውን እንዲጠብቀ መርዳትና ማስተማር
- በተቻለ መጠን ዝንቦችን በዓይኖቻችን ላይ እንዳያርፉ መከላከል

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