

**Women preparing a chicken and washing their hands: protecting from avian flu in Kenya. Colour lithograph by Ministry of Health, ca. 2006.**

**Publication/Creation**

Republic of Kenya : Ministry of Health, [2006?]

**Persistent URL**

<https://wellcomecollection.org/works/fu3m3w9e>

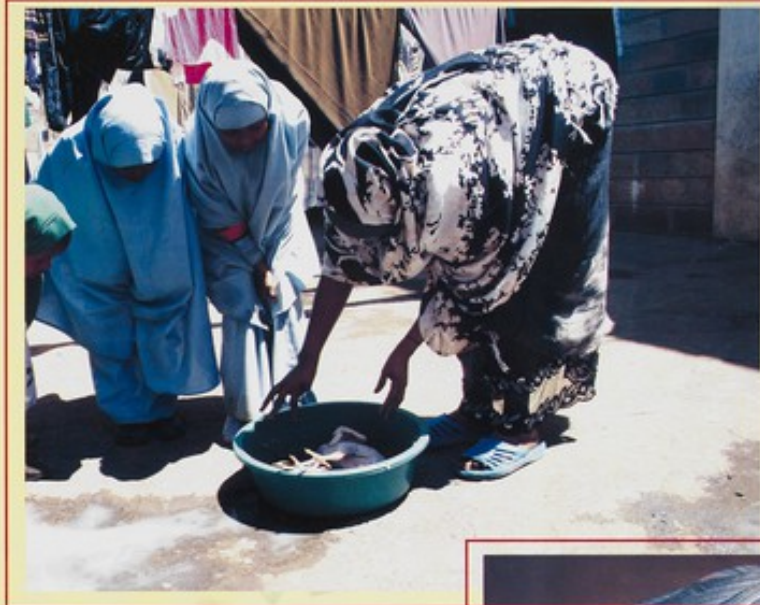
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# Protect yourself FROM BIRD FLU



**Wash your hands with  
soap and water before.....**

**...and after handling  
chicken**



**Cook your chicken  
thoroughly before eating**



**IOM - OIM**  
International Organization For Migration



**MINISTRY OF HEALTH  
REPUBLIC OF KENYA**



**From  
the People of Japan**