

A year planner for 2006 bearing images and messages about health centres in Nigeria. Colour lithograph by Paths, 2006.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Partnership for Transforming Health Systems
Third Floor, AP Plaza,
Abimbola Adenuga Crescent,
Wuse 2, Abuja
Tel: +234 9 6703708 / 709 / 710

Better health begins with **YOU** and me

Funded and Supported by
DFID Department for
International
Development
YEAR PLANNER 2006

January	February	March	April	May	June	July	August	September	October	November	December
1 Sun	1 Wed	1 Wed	1 Sat	1 Mon	1 Thu	1 Sat	1 Tue	1 Fri	1 Sun	1 Wed	1 Fri
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30 Mon	30 Thu	30 Thu	30 Sun	30 Tue	30 Fri	30 Sun	30 Wed	30 Sat	30 Mon	30 Thu	30 Sat
31 Tue		31 Fri		31 Wed		31 Mon	31 Thu		31 Tue		31 Sun



Better health begins with you and me. Keep your environment clean.



Go 5 times to a health centre for immunization to fully protect your baby before baby's first birthday.



Give your girl child a better future, support her education.



It is curable, visit a TB (DOTS) centre if you have persistent cough for more than 3 weeks.



Protect pregnant mothers and children up to five years from malaria, sleep under insecticide treated bed nets.



Protect your family. Use effective, affordable and good quality drugs from the DDI scheme.



For good health, give your baby only breast milk for the first six months of life. Do not give water.



Save your child from childhood killer diseases. Immunize your children fully before first birthday.



Support your wife for safe delivery. Encourage her to start attending antenatal clinics early.



Improving the health sector can only become a reality with your participation, support the Health Sector Reform.



Clean hands prevent diarrhoea. Teach your children how to wash their hands with soap or ash and water.



Protect yourself, protect your family. Say No to hawkers. Buy effective medicines from pharmacies with this sign.



DESIGNED & PRINTED BY CLARENCE BLOOMBERG FOR THE HEALTH SECTOR REFORMS