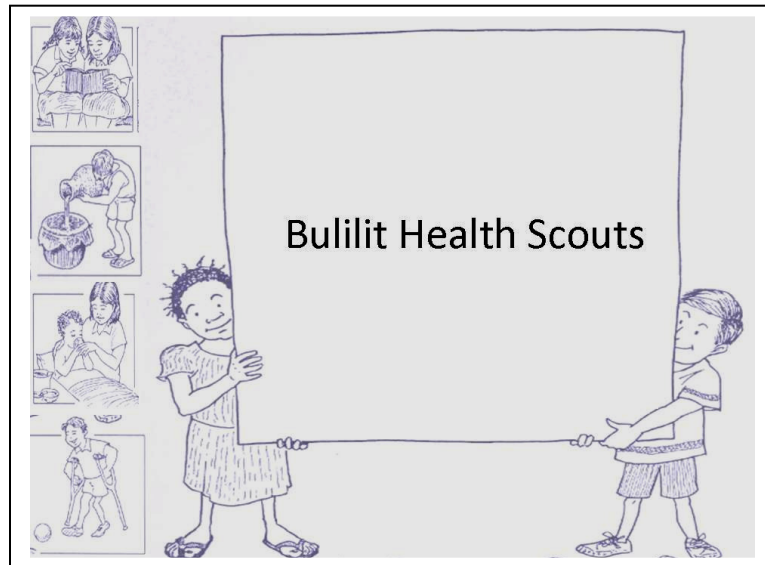


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Annex H-2.2

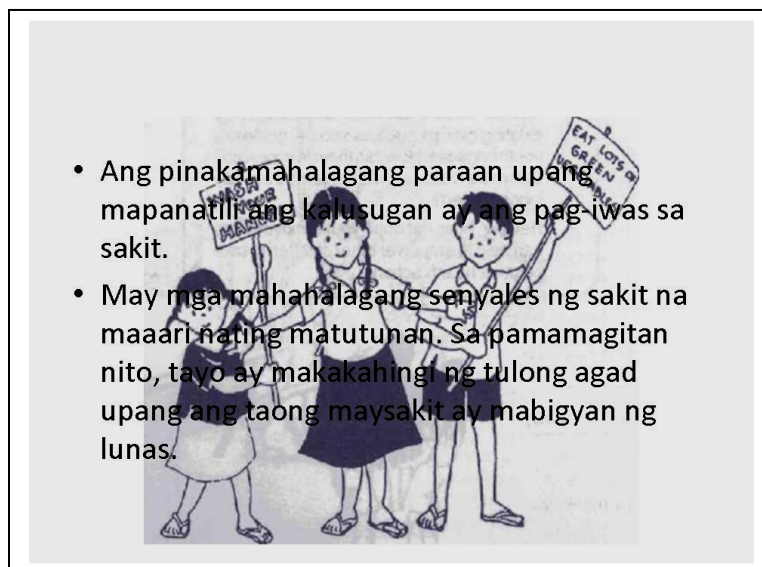
Bulilit Health Scouts





Every citizen should be a health worker. – written on banner of adults

Don't forget that we are citizens, too. – written on children's banner



- Ang pinakamahalagang paraan upang mapanatili ang kalusugan ay ang pag-iwas sa sakit.
- May mga mahahalagang senyales ng sakit na maaari nating matutunan. Sa pamamagitan nito, tayo ay makakahingi ng tulong agad upang ang taong maysakit ay mabigyan ng lunas.

The most important way of staying healthy is to avoid getting sick.

Eat lots of green vegetables. – written on children's banner

Wash your hands. – written on children's banner



Sickness has important symptoms that we can learn. By doing so, we can immediately ask help so that the sick person could be attended to.

There are many ways where a child can help spread the right way of staying healthy:


- The older child can teach the younger child.
- The child can teach friends and playmates.
- The children can help each other to keep each member of the family, community and town/country healthy.

Maraming paraan upang ang mga bata ay makakatulong sa paglaganap ng tamang gawaing pangkalusugan:

Tuturuan ng nakatatanda ang nakababatang kapatid Tuturuan ng bata ang kaibigan o kalaro



Magtutulongan ang mga bata upang mapanatili ang kalusugan ng bawat isa sa kanilang pamilya, barangay at bayan.



We will learn in the following days about diarrhea, parasitism, impacted cerumen, pediculosis, asthma and child abuse.

Ang Ating Matutunan sa susunod na mga araw ay tungkol sa:

- Diarrhea o Pagtatae
- Parasitism o Bulate
- Impacted Cerumen o Tutule
- Pediculosis o Kuto
- Asthma o Hika
- Child Abuse o Pang-aabuso sa Bata

We would like you to share what you have learned to your siblings and parents, friends and neighbors, barangay and the rest of the town/country.



After this teaching, you will become Bulilit Health Scouts.

