Epidemics and Pandemics Post Captions

## POSTS CAPTIONS

### POST 1

Epidemics and pandemics can be prevented and mitigated through household and community measures

### POST 2

There are many steps that can be taken to stay safe and healthy overall including using clean water, bathing regularly, keeping food clean, and practicing good sanitation.

Here are some ways to stay safe from diseases that are transmitted by food.

### POST 3

What to do in a pandemic or epidemic?

* Listen to and follow official advice from health authorities
* Take care of yourself and family members
* Take appropriate action when you think that you or a family member might have been infected or exposed
* Clean and disinfect surfaces during care home
* Ensure appropriate sanitation and shelter conditions
* Stock up on food and essential medicines
* Share your knowledge with others

### POST 4

There are many steps that can be taken to stay safe and healthy overall including using clean water, bathing regularly, keeping food clean, and practicing good sanitation.

Here are some ways to stay safe from diseases that are transmitted by animals.

### POST 5

There are many steps that can be taken to stay safe and healthy overall including using clean water, bathing regularly, keeping food clean, and practicing good sanitation.

Here are some ways to stay safe from diseases that are transmitted by insect, and other, bites.

### POST 6

There are many steps that can be taken to stay safe and healthy overall including using clean water, bathing regularly, keeping food clean, and practicing good sanitation.

Here are some ways to stay safe from diseases that are transmitted by blood or body fluids.