

# HOW CAN I STOP RHEUMATIC FEVER?

See your doctor if you have a sore throat or skin sores



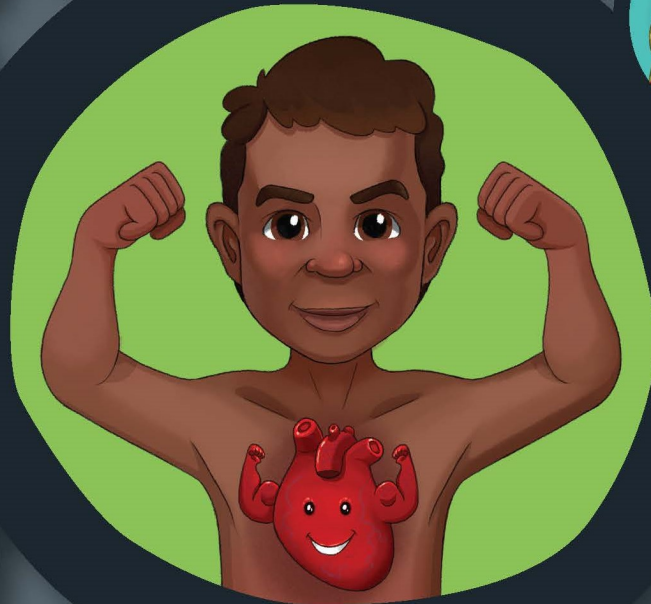
Take all of your medicine on time



If you are pregnant and think you may have Rheumatic fever, see the doctor straight away.



brush your teeth 2 times a day and go to the dentist regularly



Wash hands properly with soap.



Have a shower or bath everyday.



after the toilet,

after changing nappies and before eating.



after playing with animals,