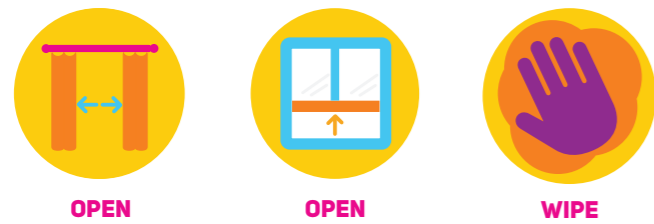


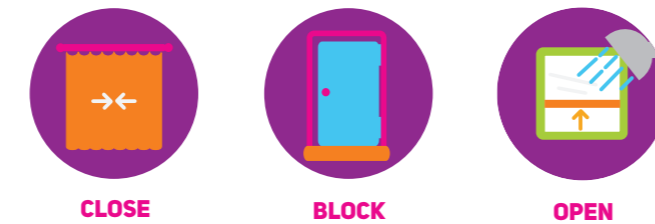
# LET'S MAKE OUR HOMES WARM AND DRY

## DO THE HEALTHY HOME CHALLENGE

 EVERY MORNING



 EVERY NIGHT



 WHEN YOU CAN



DAY

1 ○ ○ ○ ○ ○ ○ ○ ○

2 ○ ○ ○ ○ ○ ○ ○ ○

3 ○ ○ ○ ○ ○ ○ ○ ○

**Ka rawe! You've completed 3 days in a row. Keep going!**

4 ○ ○ ○ ○ ○ ○ ○ ○

5 ○ ○ ○ ○ ○ ○ ○ ○

6 ○ ○ ○ ○ ○ ○ ○ ○

7 ○ ○ ○ ○ ○ ○ ○ ○

**One whole week down!**

DAY

8 ○ ○ ○ ○ ○ ○ ○ ○

9 ○ ○ ○ ○ ○ ○ ○ ○

10 ○ ○ ○ ○ ○ ○ ○ ○

11 ○ ○ ○ ○ ○ ○ ○ ○

**How many activities can you remember off by heart?**

12 ○ ○ ○ ○ ○ ○ ○ ○

13 ○ ○ ○ ○ ○ ○ ○ ○

14 ○ ○ ○ ○ ○ ○ ○ ○

**Two whole weeks down!!**

DAY

15 ○ ○ ○ ○ ○ ○ ○ ○

16 ○ ○ ○ ○ ○ ○ ○ ○

17 ○ ○ ○ ○ ○ ○ ○ ○

18 ○ ○ ○ ○ ○ ○ ○ ○

19 ○ ○ ○ ○ ○ ○ ○ ○

20 ○ ○ ○ ○ ○ ○ ○ ○

21 ○ ○ ○ ○ ○ ○ ○ ○

**Tino pai! You're doing mean as!**

**You did it! Congratulations!! Now keep up these awesome new habits!**

### CHALLENGE

- 6 activities a day  
3 morning / 3 evening
- After each activity add matching sticker to chart
- Bonus Point stickers are for activities you do 'when you can' or you may need an adult to help you with

### BONUS POINTS

○ ○ ○ ○      ○ ○ ○ ○

○ ○ ○ ○      ○ ○ ○ ○

○ ○ ○ ○      ○ ○ ○ ○

# TĒNĀ KOUTOU, TALOFA, MĀLŌ ELELEI

A warmer, drier home makes it harder for germs like strep

throat to spread.

If untreated, strep throat can lead to rheumatic fever.

The chance of getting rheumatic fever is higher:

- For Māori and Pacific children and young people aged between 4-19 years
- If someone in your whānau has had it before
- If your house is cold and damp
- If your house is overcrowded

## THE HEALTHY HOME CHALLENGE

For 21 days reward your whānau for completing daily tasks to make your home warm and dry.

Rheumatic fever is a serious but preventable disease that can damage the heart.



# LET'S MAKE OUR HOMES WARM AND DRY

DO THE HEALTHY HOME CHALLENGE



Help to make your home warmer and drier by doing a few little things each day.

### EVERY MORNING ☀️

Open curtains during the day



Open windows each day



Wipe off any condensation



### EVERY NIGHT 🌙

Close curtains at night



Block cold air or draughts



Open windows when showering



### WHEN YOU CAN ✨

Top and Tail or create separate sleeping spaces



Ventilate or open windows when cooking



Dry washing outside or in the garage or in the carport



STOP SORE THROATS  
Preventing Rheumatic Fever



National  
Haora Coalition

