



This year, the rainfall will be less, which will result in less water and food. This will also cause more diseases. How to prepare yourself?



1 Protect your water source and repair your water system

2 Close water taps when not in use

3 Store water carefully

12 Save money for difficult times

4 Prepare the land well to retain water. Don't burn the land, cover the soil

5 Plant wide variety of foods that can be harvested quickly (ex. Batar lais)

6 Plant drought tolerant and a wide variety of foods

7 Store food (ex. Beans, potatoes, cassava) securely

8 Store seeds carefully and reserve some in case you need to replant

9 Wash your hands with soap to protect sickness

10 Drink clean filtered/boiled water and feed pregnant and lactating mothers and children with nutritious food

11 Plant varieties of nutritious food and protect them with strong fences



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