

# Health Advisory

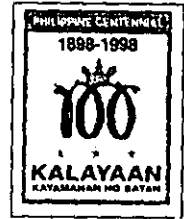
Department of Health  
Manila, Philippines  
1997

H60.42  
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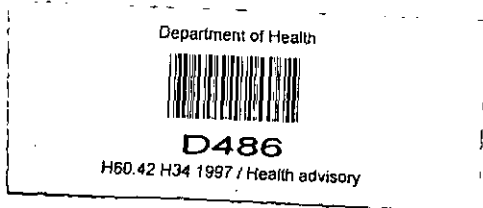
## FOREWORD

The country experiences many disease occurrences every year. Some of these illnesses are communicable or contagious, some are seasonal. Most, however, are preventable.

With this in mind, the Department of Health (DOH) produced the **HEALTH ADVISORY**, a one-pager leaflet for each disease that regularly plagues the country the whole year round. These leaflets contain basic information about a disease or a health-threatening situation and how to prevent and manage it. Copies of these advisories are distributed to media outlets, DOH partners, malls and markets, and other places where people converge.

The DOH hopes that these advisories will empower the people to decide and act for themselves in the prevention and control of diseases.

*Carmencita N. Reodica*  
**CARMENCITA N. REODICA, MD, MPH**  
Secretary of Health





# Health Advisory



# MEASLES

- ◆ a contagious disease from the onset of infection up to 4 days after the appearance of the rashes
- ◆ caused by a virus found in discharges from a patient's nose and throat
- ◆ common among very young children

## Signs and Symptoms

Days 1-3	Days 3-4	Days 4-6
<ul style="list-style-type: none"><li>• cold, cough and some fever</li><li>• eyes are red &amp; watery &amp; sensitive to light</li></ul>	<ul style="list-style-type: none"><li>• eyes are reddish</li><li>• rash covers the face &amp; spreads all over the body</li></ul>	<ul style="list-style-type: none"><li>• as the rash goes away, skin often begins to peel</li></ul>

## Prevention

- Submit your child for immunization against measles at 9 months of age.

Vaccines are available for free in all health centers

## Treatment

- Bring suspected cases to the nearest hospital or health center to prevent complications like convulsion, pneumonia, dehydration and even death.
- Protect eyes of patients from glare of strong light as they are apt to be inflamed.
- Keep the patient in an adequately ventilated room but free from drafts & chilling.
- Give sponge bath for comfort of patient.



# Health Advisory



# ECSTASY

- \* a prohibited drug that belongs to the addictive amphetamine group and has been abused as stimulant



## SCIENTIFIC NAME

3,4 Methylendioxyamphetamine

## STREET NAMES

- \* "Love Drug"
- \* X-tacy
- \* XTC
- \* MDMA
- \* ADAM
- \* Rave
- \* Flying Saucer
- \* LBD "Libido"

## EFFECTS

- \* Hallucinations
- \* Euphoria
- \* Nausea
- \* Anorexia
- \* Anxiety
- \* Insomnia
- \* Death to some extent due to cardiac arrhythmias and seizures

The onset of effect occurs 20 minutes to one hour after intake and lasts for six hours.

**THE PUBLIC IS BEING WARNED  
AGAINST THE USE OF ECSTASY**



# Health Advisory



# **SORE EYES**

- ◆ *is caused by a virus*
- ◆ *manifested by redness of the eyes and lids, and pus-like or thick discharge*
- ◆ *highly communicable even during incubation period (time from infection to onset of symptoms, which is usually from 12-15 days) which lasts up to 14 days from the onset of symptoms*
- ◆ *the symptoms usually disappear even without medications in one week*
- ◆ *common during summer months*

## ***MODE OF TRANSMISSION***

- ◆ **direct contact with eye secretions from an infected person**
- ◆ **indirectly through contaminated surfaces, instruments, eye solutions and poorly chlorinated pools**

## ***SIGNS AND SYMPTOMS***

- ◆ **itchiness of the eye or foreign body sensation**
- ◆ **redness and pain in the eyes**
- ◆ **blurring of vision**
- ◆ **low grade fever in some cases**
- ◆ **headache, and general weakness**

## ***TREATMENT***

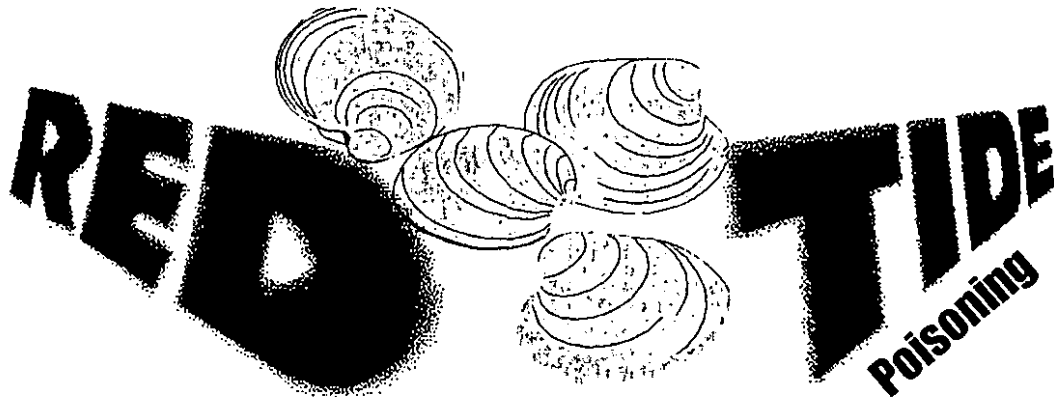
- ◆ **no specific treatment during the acute phase (1-2 weeks)**
- ◆ **no over the counter eye drops are advised but if symptoms persists the patient must see an eye doctor**

## ***PREVENTION***

- ◆ **avoid using common towels, eye drops, eye make-up and applicators and sharing sunglasses or eyeglasses**
- ◆ **do not rub eyes when it is itchy or a foreign body has entered it**
- ◆ **wear eyeglasses or sunglasses on a windy day to protect eyes from foreign particles**
- ◆ **during sore eyes epidemic:**
  - **avoid crowded places**
  - **minimize hand to eye contact**



# Health Advisory



(Paralytic Shellfish Poisoning)

**CAUSE** : SHELLFISH (tahong, talaba, halaan) contaminated with red tide microorganisms

**MODE OF TRANSMISSION** : Eating of contaminated shellfish

### **SIGNS AND SYMPTOMS:**

#### Neurological:

- sense of numbness around the mouth or the face
- dizziness
- pricking sensation and/or paralysis of hands and feet
- body weakness
- rapid pulse beat
- difficulty of talking, swallowing

#### Gastrointestinal:

- abdominal pain, vomiting and diarrhea

What to do in case of suspected Paralytic Shellfish Poisoning (PSP): **BRING PATIENT IMMEDIATELY TO THE NEAREST HOSPITAL**

### **PREVENTIVE MEASURES:**

- Do not eat shellfish
- Wash thoroughly and remove gills and intestines of fish, squid and crabs
- Remove heads of shrimps
- Avoid alamang, small fishes

**These symptoms will be felt within 12 hours after eating red tide contaminated shellfish**



# Health Advisory



# Pagtatae (Diarrhea)

**PAANO NAKUKUHA:** Sa maruming tubig at pagkain

**MGA PALATANDAAN:**

- Madalas at matubig na pagtatae
- Uhaw na uhaw
- Malalim na bumbunan at mata

**AGARANG PANLUNAS:**

- Bigyan ng ORESOL, lugaw, am o sabaw na walang mantika
- Ipagpatuloy ang pagpapakain

**PAG-IWAS AT PAGESUGPO:**

- Uminom ng ligtas at malinis na tubig inumin. Kung hindi tiyak na ligtas ito, pakuluan at hayaang kumulo ito sa loob ng 2 minuto
- Kumain lamang ng mga pagkaing maayos ang pagkakahanda at nalutong mabuti. Iwasan ang pagkaing itinitinda sa kalye
- Takpan ang lahat ng pagkain ng hindi madapuan ng ipis, langaw o insekto
- Hugasang mabuti ang prutas at gulay bago kainin o lutuin
- Gumamit ng palikuran
- Maghugas ng kamay bago kumain at pagkatapos gumamit ng palikuran

**Kumunsulta Sa Pinakamalapit Na  
Health Center Kung Hindi  
Bumubuti Ang Kalagayan**



# Health Advisory



# CHICKENPOX

(Bulutong - Tubig)

## Cause

"Varicella" virus

## Mode of transmission

person to person by direct contact, droplet or air borne spread of fluid or secretions from persons with chickenpox

contagious 5 days before and 5 days after the appearance of blisters

## Signs and symptoms

- < appearance of reddish skin lesions which later become blisters on the 3rd-4th day of fever
- < weakness
- < muscle and joint pains
- < sudden onset of fever

## Immediate treatment

- < chickenpox rashes will disappear in 1-2 weeks time even without treatment
- < give anti-fever drugs

## Prevention and control

- < avoid crowded areas during epidemics
- < isolate known cases
- < vaccine is available but not recommended for public use because of high price while disease has very low fatality rates

**Those who had the disease before  
are already immune and will not have the disease again**





# Health Advisory



# H EPATITIS A

(INFECTIOUS HEPATITIS)

**Cause:** Hepatitis A virus

**Mode of Transmission:**

- ingestion of food contaminated with human waste and urine of persons who are sick of Hepatitis A

**Signs and Symptoms:**

- fever
- flu-like symptoms: weakness, muscle and joint aches, loss of appetite, dizziness
- with or without vomiting
- abdominal discomfort
- after few days, jaundice may follow

The disease is self-limiting and may last for 1 to 2 weeks. Patient often recovers even without treatment

**Immediate Treatment:**

- NO SPECIFIC MEDICINE TO CURE THE PATIENT OR SHORTEN THE COURSE OF THE ILLNESS
- sick persons should be isolated, advised to rest, take plenty of fluids and avoid fatty foods
- patient who fail to take in fluids or are too weak to eat are sometimes brought to the hospital for intravenous administration of fluids and vitamins

**Prevention and Control:**

- wash hands after using the toilet, before preparing food and before eating
- dispose human waste properly
- when there is no red tide ban, oysters, clams and other shellfish from waters contaminated with human waste should be thoroughly cooked for 4 minutes or steamed for 90 seconds before eating



# Mga Bulati sa Timan



## Sanhi

- \* makukuha sa maruming tubig at pagkain

## Mga palatandaan

- \* pagsakit at paglaki ng tiyan
- \* pagbaba ng dugo
- \* pagbaba ng timbang
- \* malnutrisyon
- \* pagtatae
- \* hindi mapakali

## Agarang panlunas

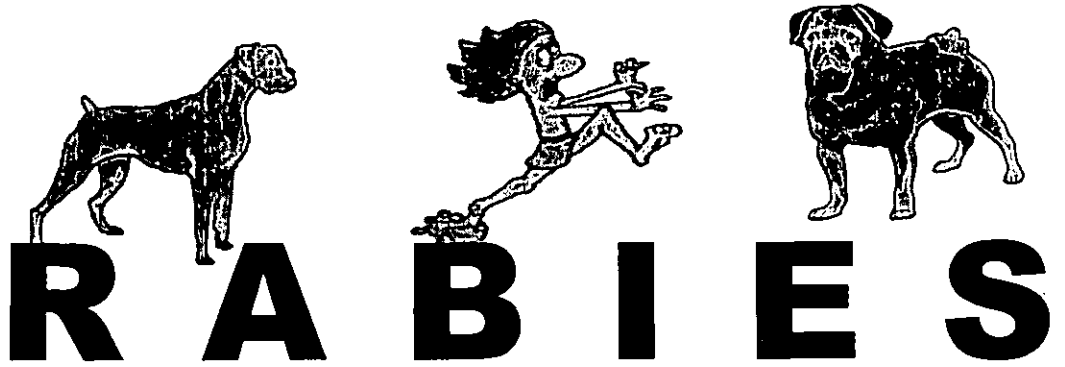
- \* pagpupurga

## Pag-iwas at pagsugpo

- \* gumamit ng sabon sa paghuhugas ng kamay bago kumain at pagkatapos gumamit ng kubeta
- \* maligo araw-araw at maggupit ng kuko
- \* laging mag-tsinelas
- \* laging gumamit ng kubeta sa pgdumi
- \* takpan ang mga pagkain para hindi mapuntahan ng insekto



# Health Advisory



## CAUSE

Rabies Virus

## MODE OF TRANSMISSION

Through bite of a rabid animal or contamination of any wound/scratch with saliva containing rabies virus

## SIGNS AND SYMPTOMS

- ◆ Headache and fever
- ◆ Pain or numbness of bite site
- ◆ Delirium and paralysis
- ◆ Muscle spasms
- ◆ Hydrophobia and aerophobia

## PREVENTION AND CONTROL

### Be a Responsible Pet Owner

- ◆ Have your pet dog immunized against rabies at 3 months old and every year thereafter
- ◆ Never allow your pet dog to roam the streets
- ◆ Take care of your pet dog: bathe, give clean food, and provide clean sleeping quarters

### When Bitten by a Dog

- ◆ Wash the wound immediately with soap and water
- ◆ Observe the dog for 14 days and consult your physician if any of the following occurs:
  - dog becomes wild and runs aimlessly
  - drooling of saliva
  - bites any moving or non-moving object
  - does not eat or drink
  - the dog dies within observation period
- ◆ If dog cannot be observed (stray dog), or if suspected to be rabid, consult your physician immediately.



# Health Advisory



# TYPHOID Fever

*Cause: salmonella typhi bacteria*

*Mode of*

*Transmission: ingestion of food and water contaminated with human waste*

*Signs and  
Symptoms*

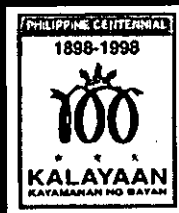
- ◀ *sustained high fever*
- ◀ *headache*
- ◀ *malaise (weakness)*
- ◀ *anorexia (loss of appetite)*
- ◀ *diarrhea or constipation and abdominal discomfort*

*Prevention and  
Control*

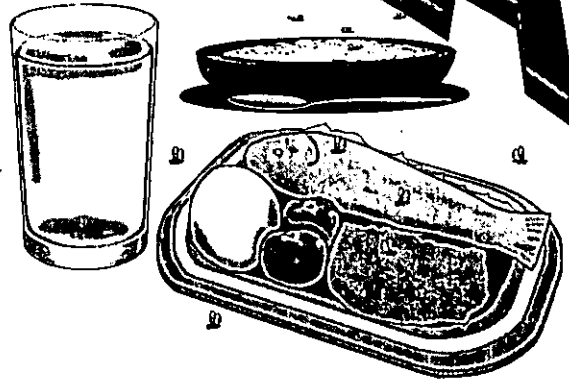
- ◀ *boil water for 3 minutes*
- ◀ *cook food well and always cover to prevent flies from contaminating them*
- ◀ *wash thoroughly all vegetables and fruits especially those that are eaten raw*
- ◀ *avoid eating unsanitary street foods*
- ◀ *wash hands with soap and water after using the toilet and before eating*
- ◀ *keep surrounding clean to prevent breeding of flies*
- ◀ *bring suspected cases immediately to the nearest health center or hospital*



# Health Advisory



# CHOLERA



## Cause

- *Vibrio cholerae* bacteria

## Mode of Transmission

- eating of food or drinking of water, contaminated with human waste

## Signs & Symptoms

- sudden onset of frequent painless watery stools
- vomiting
- rapid dehydration (e.g. sunken eyeballs, wrinkled and dry skin)

## Immediate Treatment

- replace lost body fluid by giving Oral Rehydration Solution (ORESOL) or a home-made solution composed of 1 teaspoon of salt, 4 teaspoons of sugar mix to 1 liter of water
- if diarrhea persists, consult your health workers or bring the patient to the nearest hospital

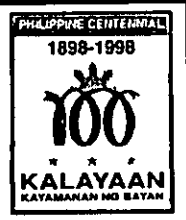
In extreme cases, cholera is a rapidly fatal disease. A healthy individual may die within 2-3 hours if no treatment is provided.

## Prevention and Control

- drink only potable water. If unsure, boil drinking water for 3 minutes
- keep food away from insects and rats by covering it
- wash and cook food properly
- sanitary disposal of human waste
- use toilet properly and clean toilet everyday
- wash hands with soap after using the toilet and before eating
- keep surroundings clean to prevent flies and other insects and rodents from breeding



# Health Advisory



# Influenza

**Etiology:** Influenza Virus (3 types A,B,C)

## Mode of Transmission

Airborne spread in crowded areas  
Direct contact

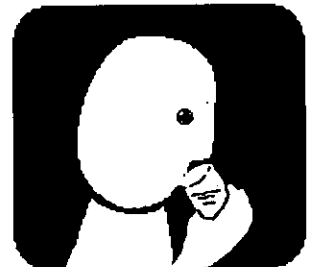
## Signs and Symptoms

Fever  
Headache  
Muscle and joint pains  
Sore throat  
Cough



## Immediate Treatment

Adequate rest, and nutritious foods  
Drink more water and juice  
Medicines for fever and pain maybe used



## Prevention

Cover mouth and nose when sneezing  
or coughing to avoid spread of virus  
Avoid overcrowded areas  
Avoid contact with patients when  
possible  
Adequate rest and nutritious food





# Health Advisory



# GALISASO

**SANHI: KAGAW (Mite)**

**PAANO NAKUKUHA:**

- Maaaring ilipat ng taong may galis-aso sa ibang tao sa pagdirikit ng kanilang balat
- Sa mga pang personal na gamit ng taong may galis-aso tulad ng damit, kumot, unan, tuwalya at banig

**MGA PALATANDAAN:**

- Hindi mapigilang pagkati at pagkamot lalo na kung gabi
- Pagkakaroon ng singaw sa pagitan ng mga daliri, sa may pulsuhan at sa pigi

**AGARANG PAGLUNAS:**

- Lagyan ng pamahid sa balat (lotion) laban sa galis-aso ang buong katawan at iwan ng buong magdamag, hugasan kinabukasan at ulitin matapos ang isang linggo
- Kailangang lahat ng miyembro ng pamilya ang kasama sa gagamutin para hindi na magbalik ang impeksiyon

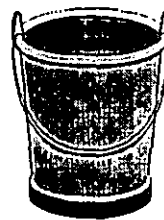
**PAG-IWAS AT PAGESUGPO:**

- Maligo araw-araw at magpalit ng damit
- Iwasang manghiram/magpahiram ng tuwalya, gamit sa pagtulog at iba pang gamit sa katawan
- Bago labhan ang mga gamit ng pasyente, buhusan muna ito ng kumukulong tubig at pabayaang sampung minuto

**IWASANG DUMIKIT SA TAONG MAY GALIS-ASO AT SA MGA GAMIT NITO**



# Health Advisory



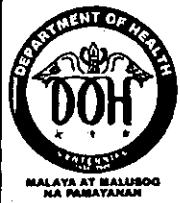
## WATER FROM FIRE TRUCKS AND WATER PEDDLERS...

- ◆ should be placed in a clean container with cover
- ◆ should be boiled for at least 2 minutes or chlorinated at all times to prevent diseases caused by bacteria
- ◆ should not be used for drinking but for cleaning and washing purposes only if it has suspicious color, odor, taste and sediments

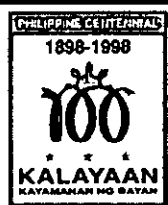
For further information seek the assistance of your sanitary inspector from Local Health Units.

**"DRINK SAFE AND CLEAN WATER"**





# Health Advisory



**SANHI:** Mikrobyong "leptospira"

## PAANO NAKUKUHA

- Pumasok ang mikrobyo sa balat o sugat sapamamagitan ng tubig-baha, basang lupa, o halamang may ihi ng kontaminadong daga

## MGA PALATANDAAN

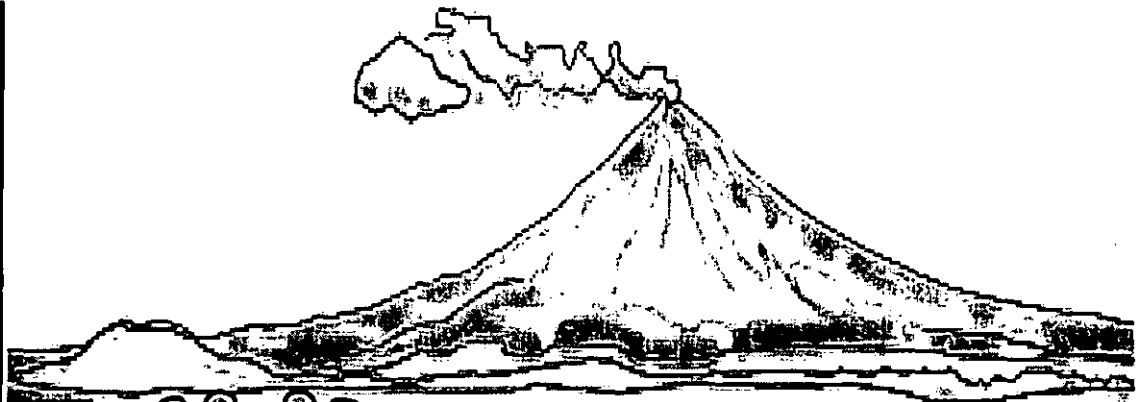
- Lagnat
- Pananakiting binti, kalamnan, kasukasuan at ulo
- Pamumulang mata

## PAG-IWAS AT PAGSUGPO

- Iwasang lumangoy o lumusong sa baha at maruming tubig
- Gumamit ng bota at guwantes kung kailangang lumusong sa baha o maruming tubig
- Sugpuin ang mga daga sa bahay



# Health Advisory



## BULKAN

Dapat Bang  
Hangaan O  
Katakutan?

Ang bansa natin ay isa sa mga bansang sagana sa likas na yaman at magagandang tanawin tulad ng mga bulkan.

Ang mga bulkang Mayon, Canlaon, at Taal ay ilan lamang sa magagandang bulkan na sadyang kaakit-akit lalo na sa mga dayuhan.

Subali't pumuputok ang mga ito. Sa mga taong naninirahan malapit sa bulkan, ang payo namin ay:

- ◆ makinig lamang sa mga ulat at utos na magmumula sa may kapangyarihan
- ◆ sundin ng maayos at mahinahon ang utos na paglikas
- ◆ mahalagang bagay lamang ang dalhin

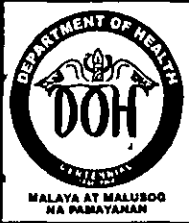
At kapag pumuputok ang bulkan, huwag pumunta sa paanan ng bulkan sapagka't ito ay daluyan ng lava.

Kung may "ash fall" o abo na galing sa bulkan, takpan ng basang damit, kumot o sako ang bubungan ng bahay. Laging linisin ito sapagka't ang abong naiipon dito ay tumitigas at magiging dahilan ng pagbagsak ng bubungan.

Maging maingat at mahinahon rin sa pagmamaneho dahil ang abo na galing sa bulkan ay nakakaapekto sa visibility ng driver.

Ang pagputok ng bulkan ay maaaring maganap sa anumang sandali, kaya huwag ipagwalambahala ang mga payong ito.

**Sagipin ang kalusugan at kabuhayan  
kalamidad ay paghandaan!!**



# Health Advisory



Para sa pamilya:

## **Sagipin ang Kalusugan at Kabuhayan..... Kalamidad ay Paghandaan**

Ang pagkapinsala ng buhay at kabuhayan ay karaniwang dahilan sa kakulangan ng kaalaman sa paghahanda - may kalamidad man o wala.

Mga dapat paghandaan ng bawat pamilya bago dumating ang kalamidad gaya ng bagyo, baha, lindol, lahar at iba pang kalamidad:

- ◀ Malinis na inuming tubig at mga pagkaing di mabilis mapanis.
- ◀ Maayos na pagtatapon ng basura upang maiwasan ang pagbabara ng mga kanal na sanhi ng pagbabaha.
- ◀ Malinis na paligid upang di pagbahayan ng mga lamok, daga at iba pang hayop na may dalang sakit.
- ◀ Kumpletong bakuna ng mga bata.
- ◀ Nakahandang "first-aid kit", "fire extinguisher" at "flashlight".

**Kaunting malasakit, kaligtasan ang kapalit.**



# Health Advisory



# BAHA

Sa panahon ng tag-ulan, hindi maiiwasan ang pagbaha na madalas maging sanhi ng pagkakasakit at kapahamakan

## UPANG MAIWASAN ANG PAGKAKASAKIT AT KAPAHAMAKAN:

- Isaayos ang pagtatapon ng basura nang hindi bumara sa mga daluyan ng tubig
- Tiyakin na matatag ang mga kawad na daluyan ng kuryente; ibaba ang main switch ng koryente kung kinakailangan
- Pakuluan ang inuming tubig ng dalawang minuto o higit; Mag-ipon ng pinakuluang tubig
- Paghandaan ang "first aid kit", flashlight o kandila, de-bateryang radyo

## AT KUNG KINAKAILANGANG LUMIKAS:

- Makinig lamang sa mga ulat at tagubiling nagmumula sa mga kinaukulan sa pamahalaan o may kapangyarihan
- Sundin nang mahinahon ang mga tagubilin sa paglilikas
- Mag-ingat sa mga bukas na imburnal at iba pang daluyan ng tubig
- Iwasan ang daan patungo sa ilog
- Sa paggamit ng lubid, pumunta sa bahaging pinagmumulan ng agos at huwag bibitiw dito

**SAGIPIN ANG KALUSUGAN AT KABUHAYAN  
KALAMIDAD AY PAGHANDAAN!**



# Tetano



## Sanhi

mikrobyong *clostridium tetani*

## Paano nakukuha

pumapasok ang mikrobyo sa maruruming sugat

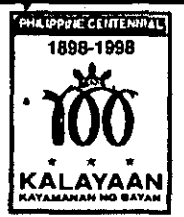
## Mga Palatandaan

- \* paninigas ng panga, leeg, kamay, paa at tiyan
- \* hirap sa paglunok at paghinga
- \* mahinang pag-iyak, hindi pagsuso at pangigingitim ng sanggol

## Pag-iwas at pagsugpo

- \* kapag nasugatan dahil sa paputok, agad linisin ang sugat ng sabon at tubig
- \* kumunsulta sa health center o ospital upang mabakunahan laban sa tetano

Huwag ipagwalang bahala ang anumang sugat na nagmula sa paputok.



# Tetano

## Sanhi

- \* mikrobyong *Clostridium tetani*

## Paano nakukuha

- \* pumapasok ang mikrobyo sa maruruming sugat

## Mga Palatandaan

- \* paninigas ng panga, leeg, kamay, paa at tiyan
- \* hirap sa paglunok at paghinga
- \* mahinang pag-iyak, hindi pagsuso at panginitim ng sanggol

## Pag-iwas at pagsugpo

- \* pabakunahan ang mga bata at mga babaeng nagdadalantao laban sa tetano
- \* kapag nasugatan dahil sa paputok, agad linisin ang sugat ng sabon at tubig
- \* iwasan malagyan ng dumi, dahon o abo ang sugat
- \* kumunsulta sa health center o ospital upang mabakunahan laban sa tetano



**Pabakunahan ang mga buntis at sanggol laban sa tetano. Kumunsulta sa pinakamalapit na Health Center kung mayroong nararamdamang sintomas ng tetano.**

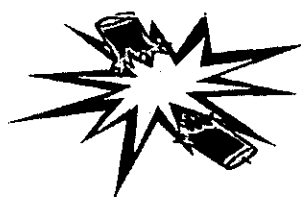


**Health Advisory**



# OPLAN '98

## IWAS PAPUTOK



434 na Pilipino sa Metro Manila ang inireport na nasaktan sa paggamit ng mga paputok mula Disyembre, 1996 - Enero, 1997

4 sa 15 kaso ng fireworks-related tetanus cases ang namatay sanhi ng paputok ang naitala noong Enero, 1997.

Sa darating na kapaskuhan, huwag gumamit ng mga paputok. Gumamit ng ligtas at panibagong paraan sa pag-iingay tulad ng torotot, planggana, kaserola, atbp.

Kapag naputukan, agad linisin ang sugat ng sabon at tubig. Kumunsulta sa pinakamalapit na health center o ospital upang ma**BAKUNAHAN** LABAN SA TETANO.

**SALUBUNGIN ANG BAGONG TAON NG  
BUHAY AT LIGTAS!**

*Maligayang Pasko at Malusog na  
Bagong Taon!*

Department of Health



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H60.42 H34 1997

Multimedia Center  
November 1998



# Health Advisory

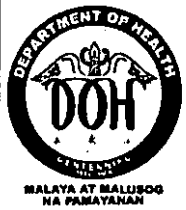


## Kalusugan sa apaskuhan

**Mga paalalang pangkalusugan ngayong kapaskuhan:**

1. Planuhin ang inyong mga gagawin ngayong panahon ng pasko upang maiwasan ang pagmamadali at tensyon.
2. Ingatan ang sarili at pamilya sa pabago-bagong klima at sa pagkatuyo ng pawis sa katawan. Ito ay maaaring maging sanhi ng ubo, sipon at lagnat. Kung ang ubo, sipon at lagnat ay mahigit na sa 5 araw, kumunsulta sa pinaka-malapit na health center.
3. Maghanda ng masustansyang pagkain sa Noche Buena at Media Noche. Siguraduhing may kasamang gulay at prutas ang hamon at keso de bola sa hapag-kainan.
4. Pag-ingatan ang inyong puso. Kumain ng sapat lang para matugunan ang pang-araw-araw na gawain.
5. Uminon ng maraming tubig at mga "juice" para gumaan ang pakiramdam.
6. Matulog ng sapat upang makapagpahinga ang katawan at isipan.
7. Iwasan ang mga mataong lugar dahil ang mga bakteryang sanhi ng sakit ay mabilis dumami at kumalat sa mga ganitong lugar.
8. Gumamit ng mga palamuting environment-friendly, at hindi fire hazard. Itago ang mga ito sa isang ligtas na lugar para magamit sa susunod na taon.
9. Bumili ng mga laruang walang matulis o matalas na bahagi o kaya'y maliliit na laruang maaaring makabara sa lalamunan.
10. Huwag gumamit ng paputok. Mag-ingay sa pamamagitan ng ligtas at panibagong pamamaraan. Salubungin ang Bagong Taon ng buhay at buo ang sarili at pamilya.





# Health Advisory



# WATUSI Poisoning

**WATUSI** is a dancing firecracker. It is made up of an extremely poisonous and toxic chemicals.

## Signs & Symptoms Of Watusi Poisoning

- Burns
- Burning pain in the throat and garlic odor from breath
- Nausea, vomiting, diarrhea, abdominal pain and vomitus and excreta
- Shock

## Immediate Treatment

- If ingested, **DO NOT INDUCE VOMITING**
- Give 6-8 egg whites to children, 8-12 egg whites for adults
- If dermal exposure, bathe the patient using alkaline soap like Perla or Ivory

Bring the child immediately to the nearest hospital even if the child seems to be well since the ill-effect may not be seen at once.

**WATUSI is extremely a dangerous firecracker!  
Do not let your child play with it.**

Department of Health



**D486**

H60.42 H34 1997 / Health advisory