Prevent FISTULA
Continuous leakage of urine, faeces or both from the private parts after a difficult delivery

1. Provide proper nutrition to a girl child for normal growth
2. Delay marriage till after the age of 18 years
3. Attend antenatal clinic at least 4 times during pregnancy
4. Give birth in a health facility with the help of a skilled health worker.
5. Use Family Planning to avoid unintended pregnancy

For more information visit the following hospitals:

1. Arua Hospital, Arua
2. Kagando Hospital, Kasese
3. Kamuli Hospital, Kamuli
4. Kitovu Hospital, Masaka
5. Lacor Hospital, Gulu
6. Mbale Hospital, Mbale
7. Mulago Hospital, Kampala
8. Soroti Hospital, Soroti

This poster was produced by The Ministry of Health in collaboration with EngenderHealth