



**COLOURS  
TO SAVE  
HEARTS**

# **A SORE THROAT CAN HURT YOUR HEART**

**A RHEUMATIC HEART DISEASE  
EDUCATION BOOKLET FOR CHILDREN**



**THIS BOOK BELONGS TO:**

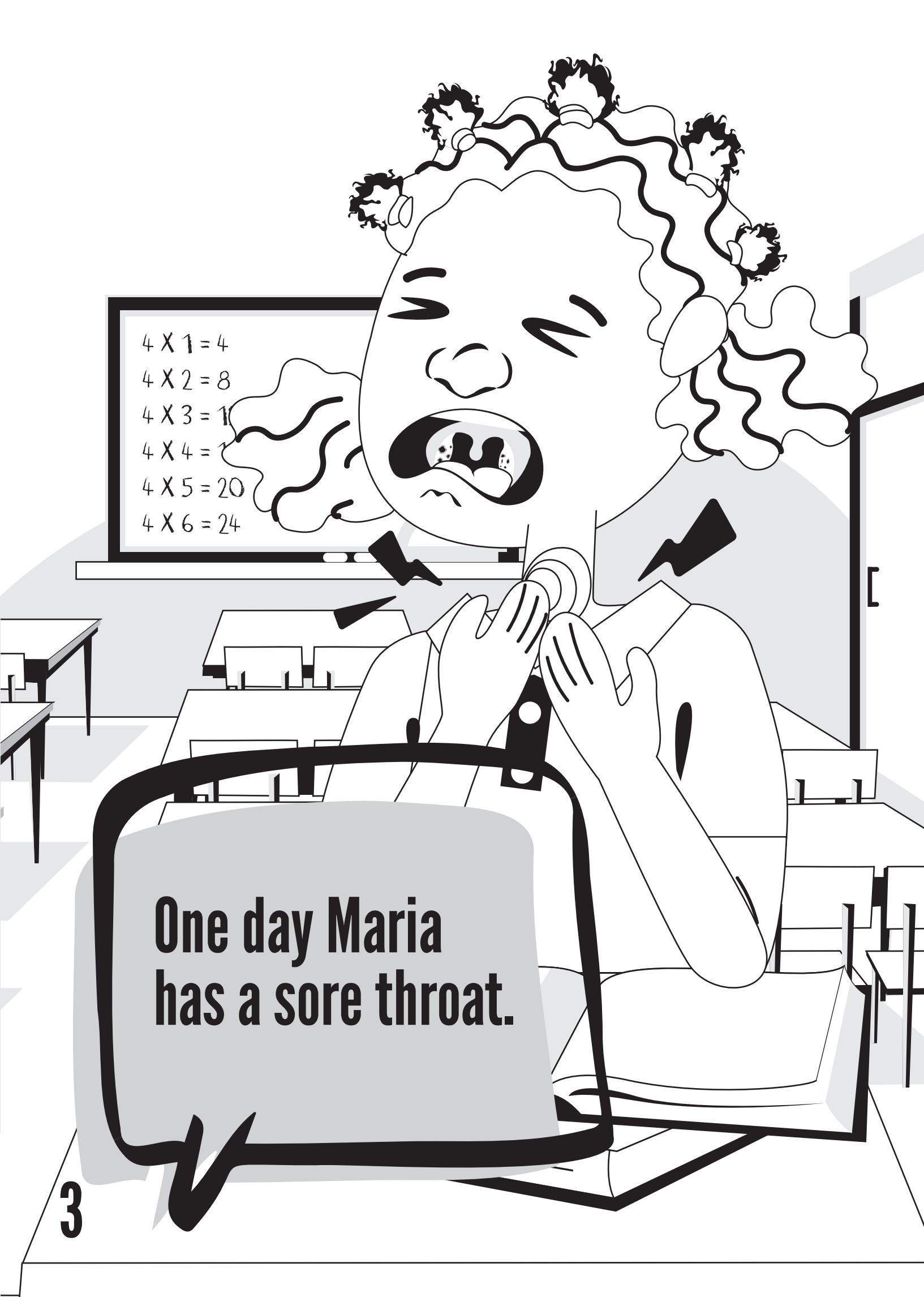
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**GUARDIAN/PARENTS:**

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**Maria likes to play  
with her friend.**





$$4 \times 1 = 4$$

$$4 \times 2 = 8$$

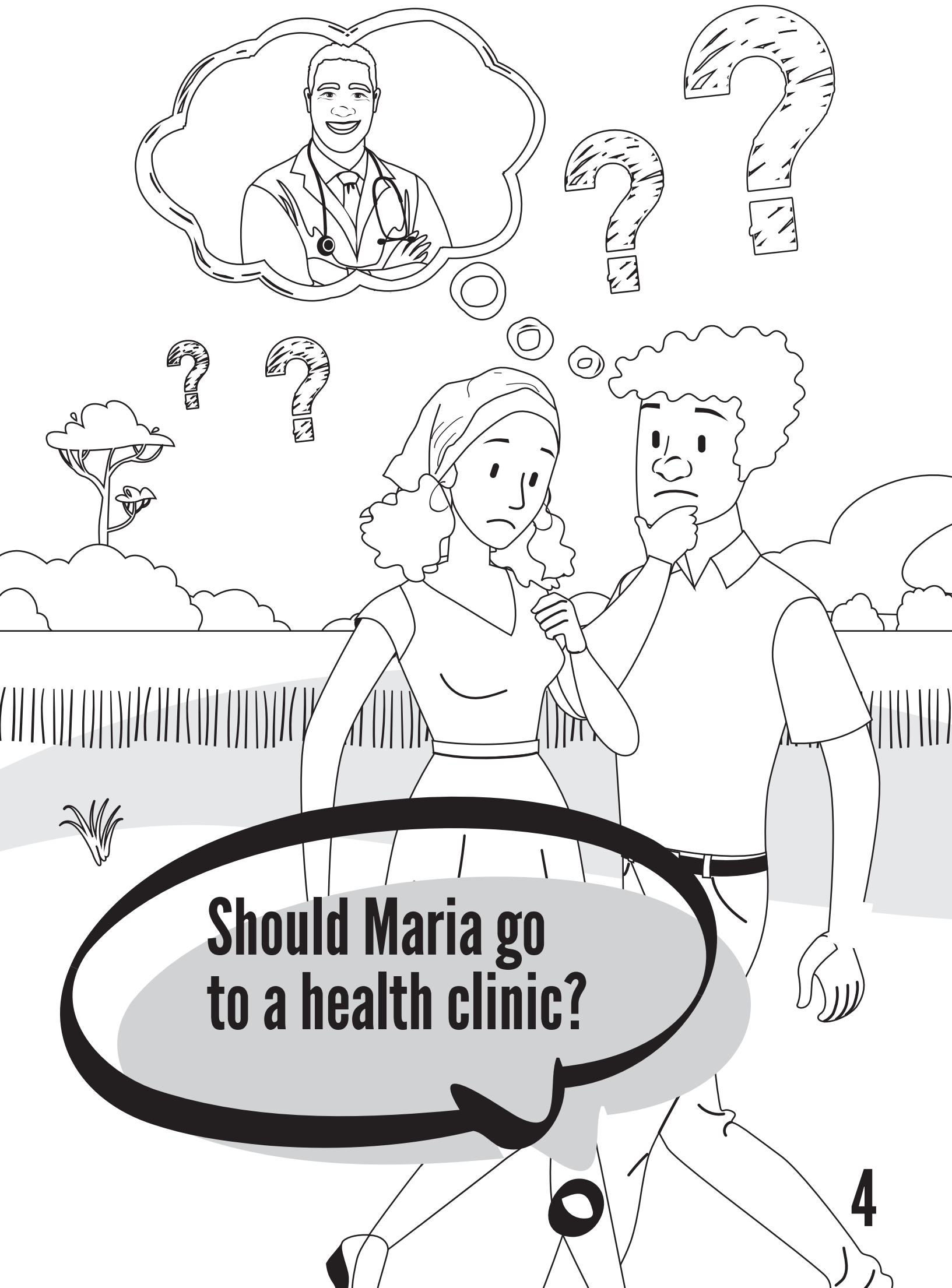
$$4 \times 3 = 12$$

$$4 \times 4 = 16$$

$$4 \times 5 = 20$$

$$4 \times 6 = 24$$

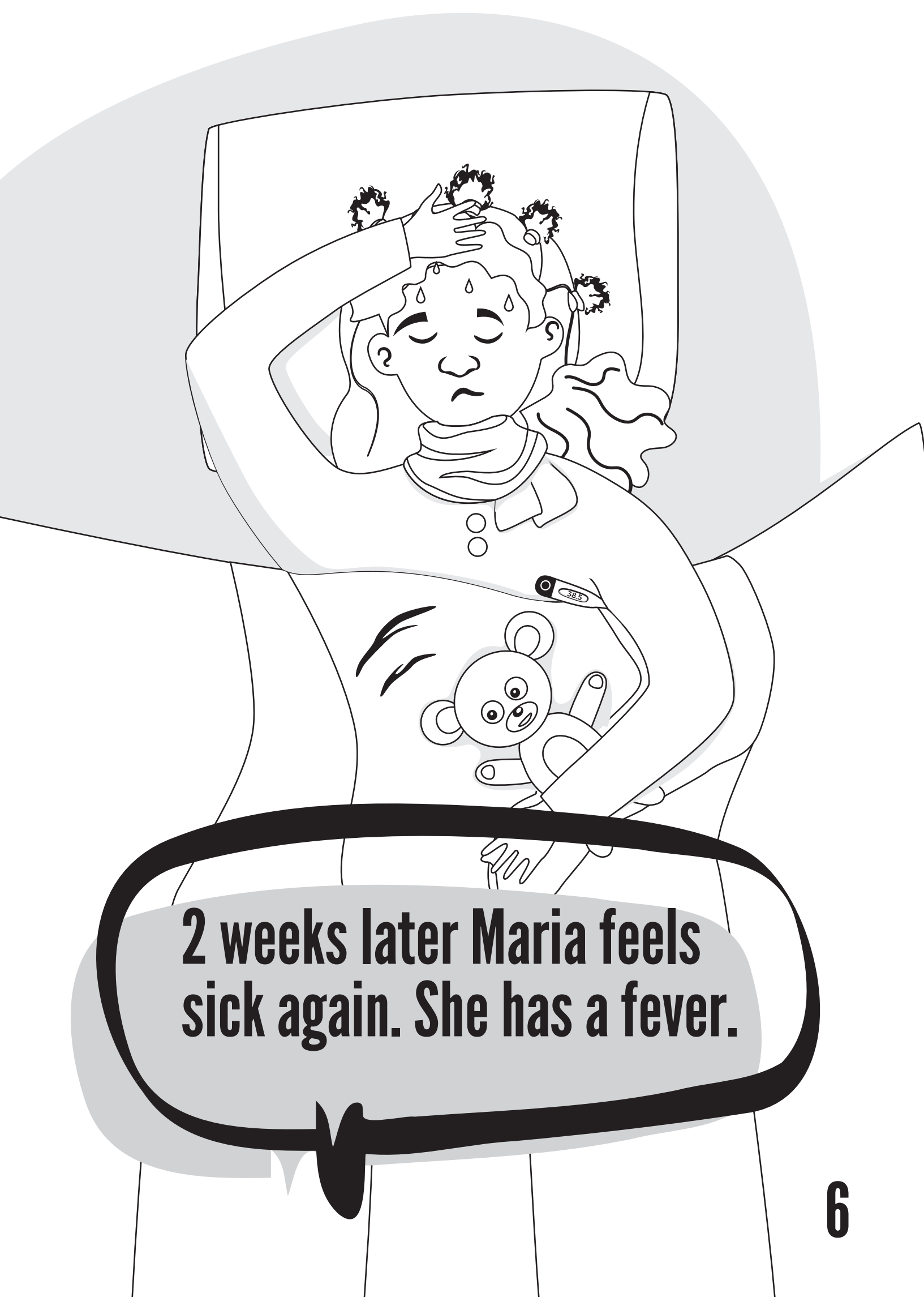
**One day Maria  
has a sore throat.**



**Should Maria go  
to a health clinic?**

**Mum & Dad decide to give her a home remedy, hoping it will make her feel better.**



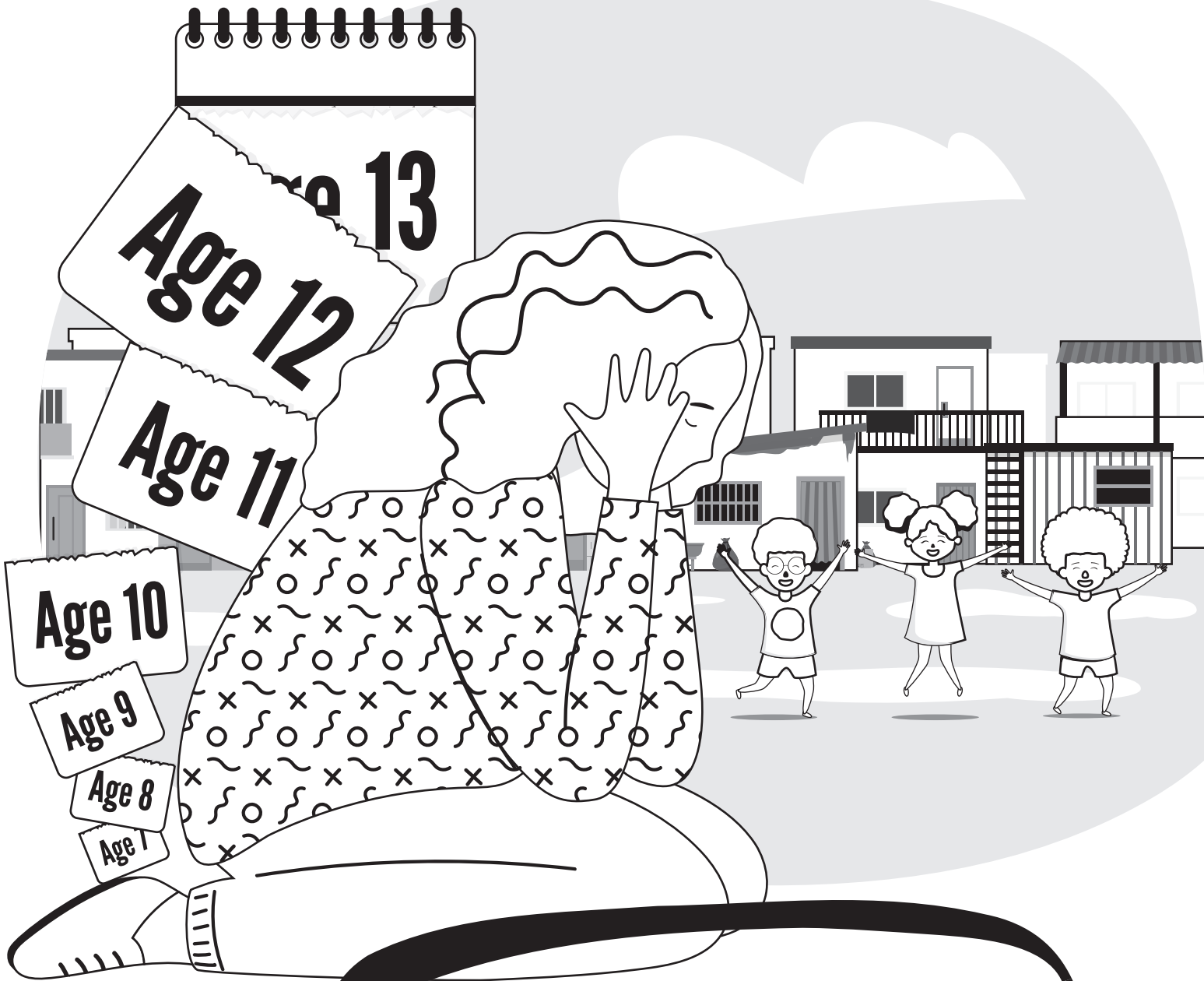


**2 weeks later Maria feels sick again. She has a fever.**

**Her elbows and knees  
and other joints hurt.**







**As Maria gets older,  
she gets tired easily.  
She cannot play  
with her friends.**

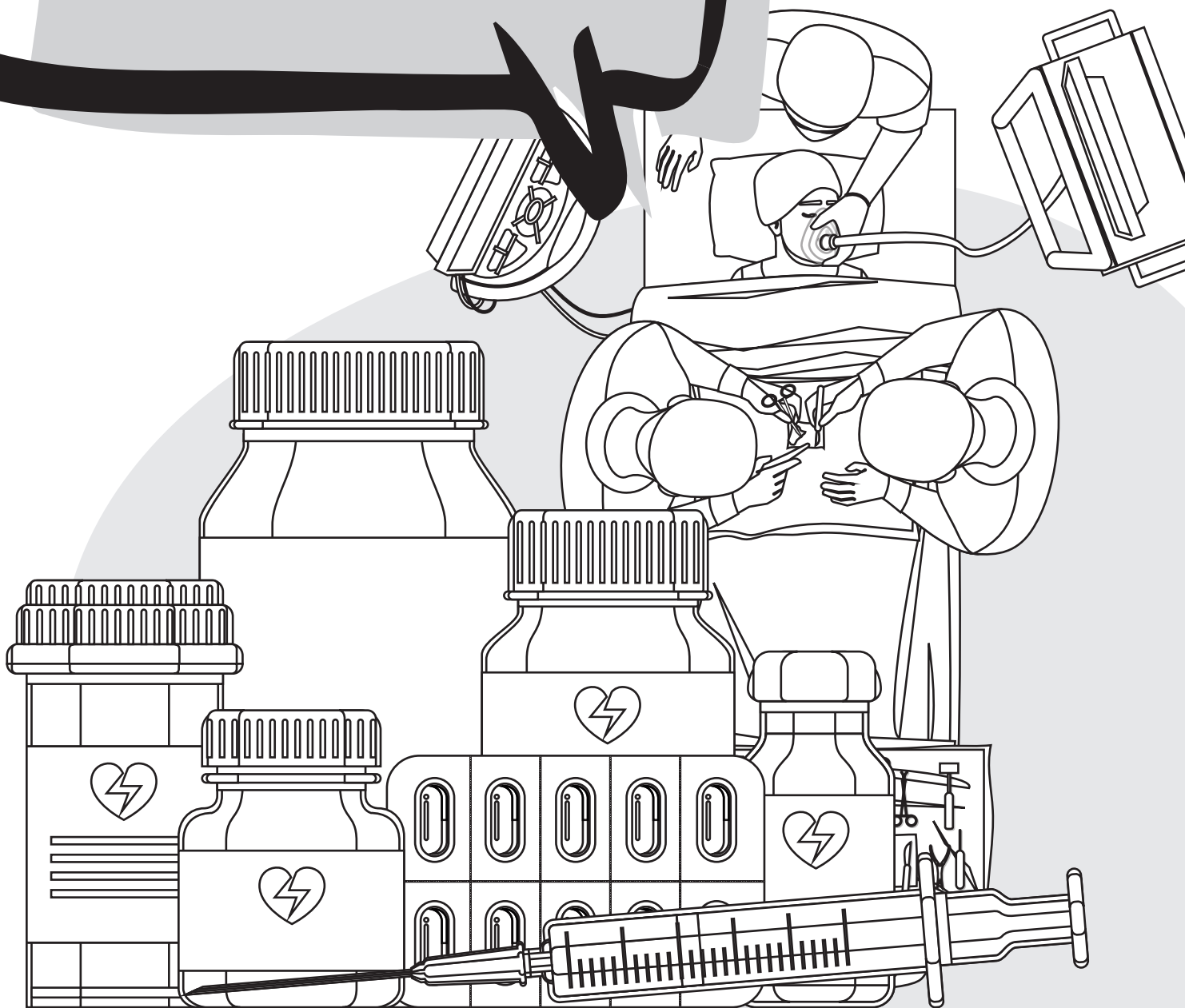
**It is also hard for  
Maria to breathe.**

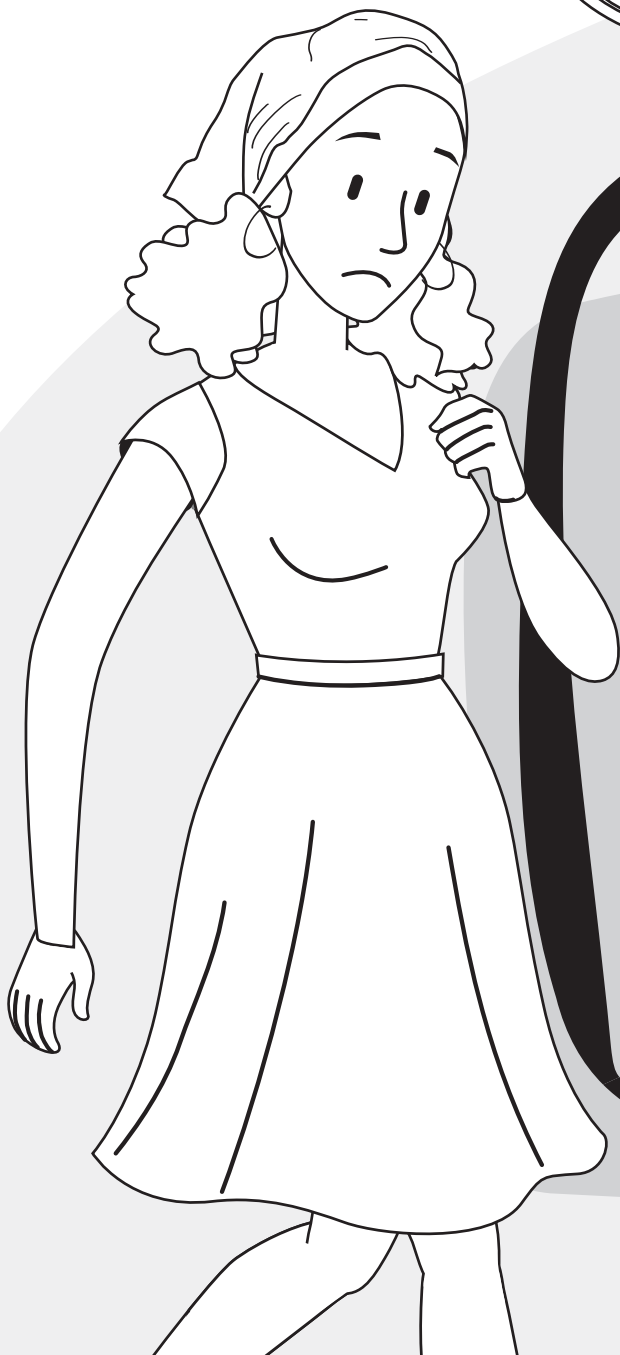




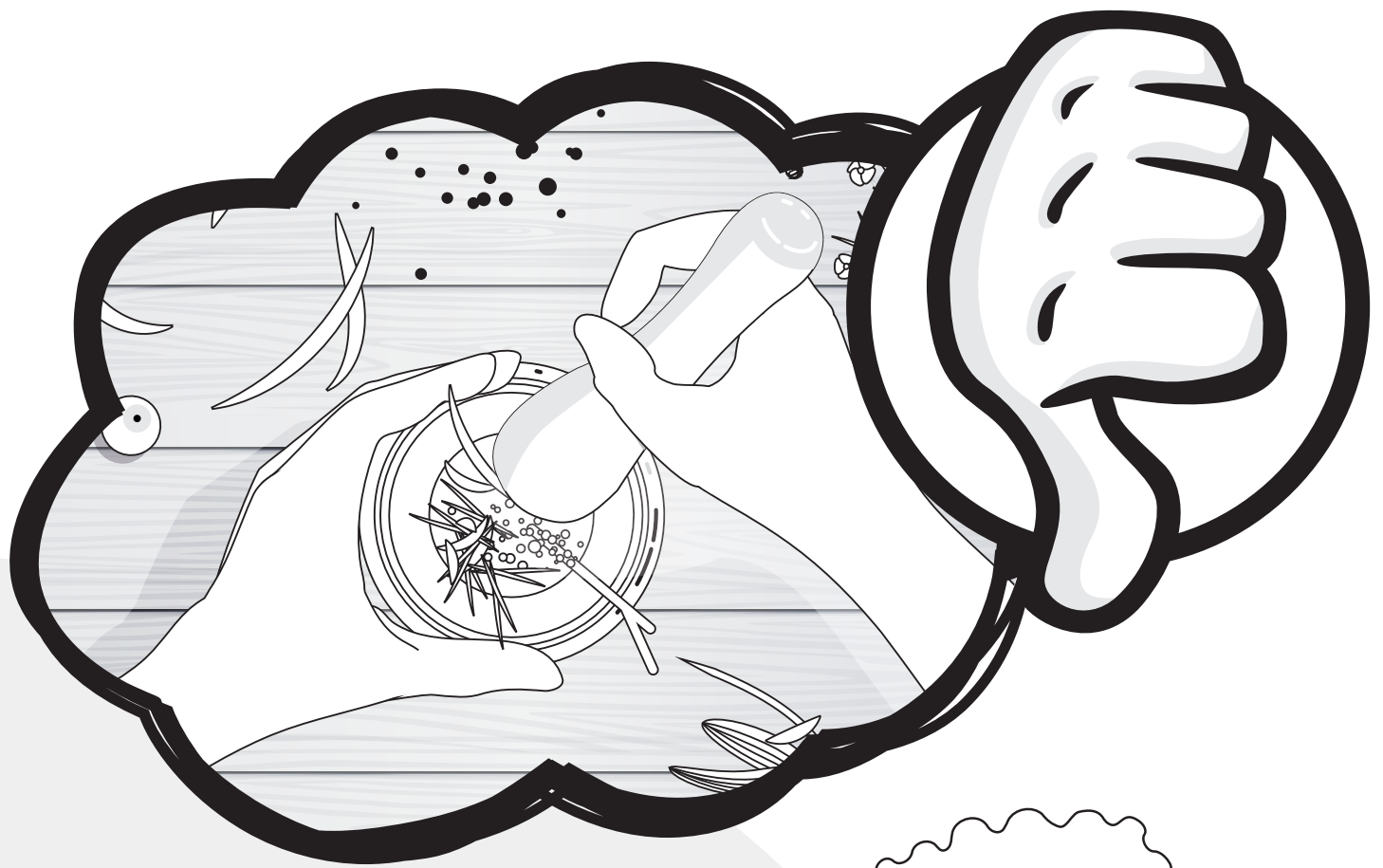
**Maria goes to the health clinic.  
Her heart is very sick.**

**She will need to take medication for the rest of her life, and may need surgery.**





**If a child or adult has a sore throat, he/she must make sure to go to the clinic immediately.**



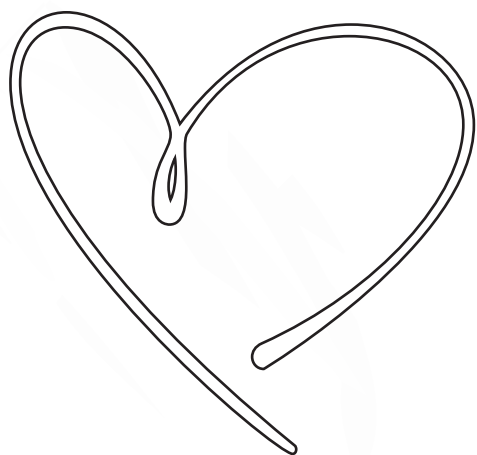
**A home remedy  
can't stop a  
person from  
getting rheumatic  
fever or rheumatic  
heart disease.**





**If you have a sore throat,  
take the medicine exactly  
as directed.**

**You can grow up  
to be healthy too!**





# DATASHEET SECTION

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We hope every father, every mother, and anyone involved in educating children will show them this colouring book and read, colour and discuss it together. Learning about the rheumatic fever and rheumatic heart disease is as important for parents and educators as it is for the children they look after.

This book is part of a set of educational materials which also includes a video and murals. This is part of a World Heart Federation Programme called “Colours to Save Hearts”, which is being implemented in Mozambique by the Mozambique Institute for Health Education and Research.



## Key messages

**If your sore throat is not treated, it can lead to heart disease.**



**Always visit a health clinic if you have a sore throat and fever.**



**Always take your medicine exactly as directed.**



This coloring book made possible through the generous support of the Edwards Life Sciences Foundation.