

**COLOURS
TO SAVE
HEARTS**

A SORE THROAT CAN HURT YOUR HEART

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

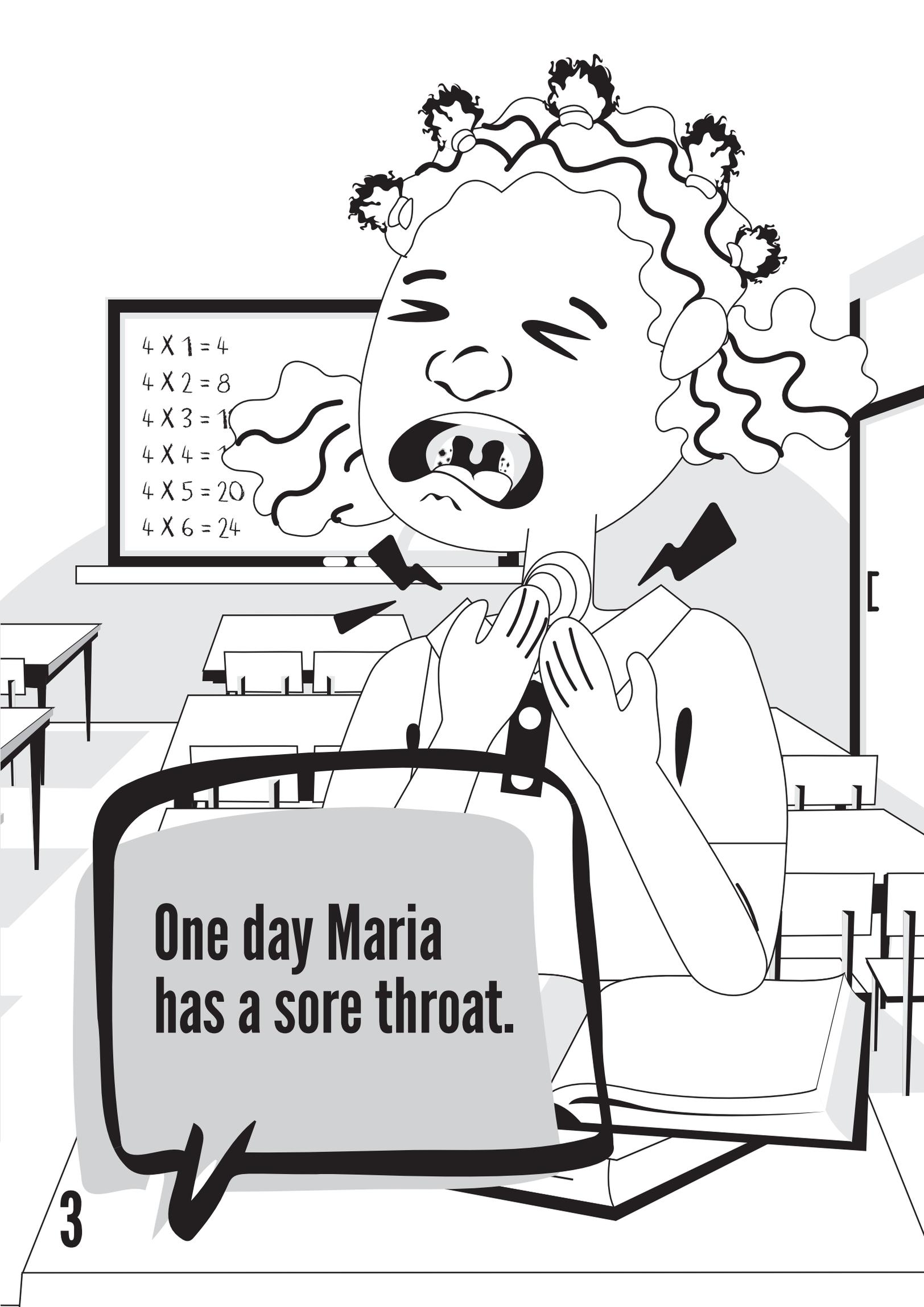


THIS BOOK BELONGS TO:

GUARDIAN/PARENTS:

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





$$4 \times 1 = 4$$

$$4 \times 2 = 8$$

$$4 \times 3 = 12$$

$$4 \times 4 = 16$$

$$4 \times 5 = 20$$

$$4 \times 6 = 24$$

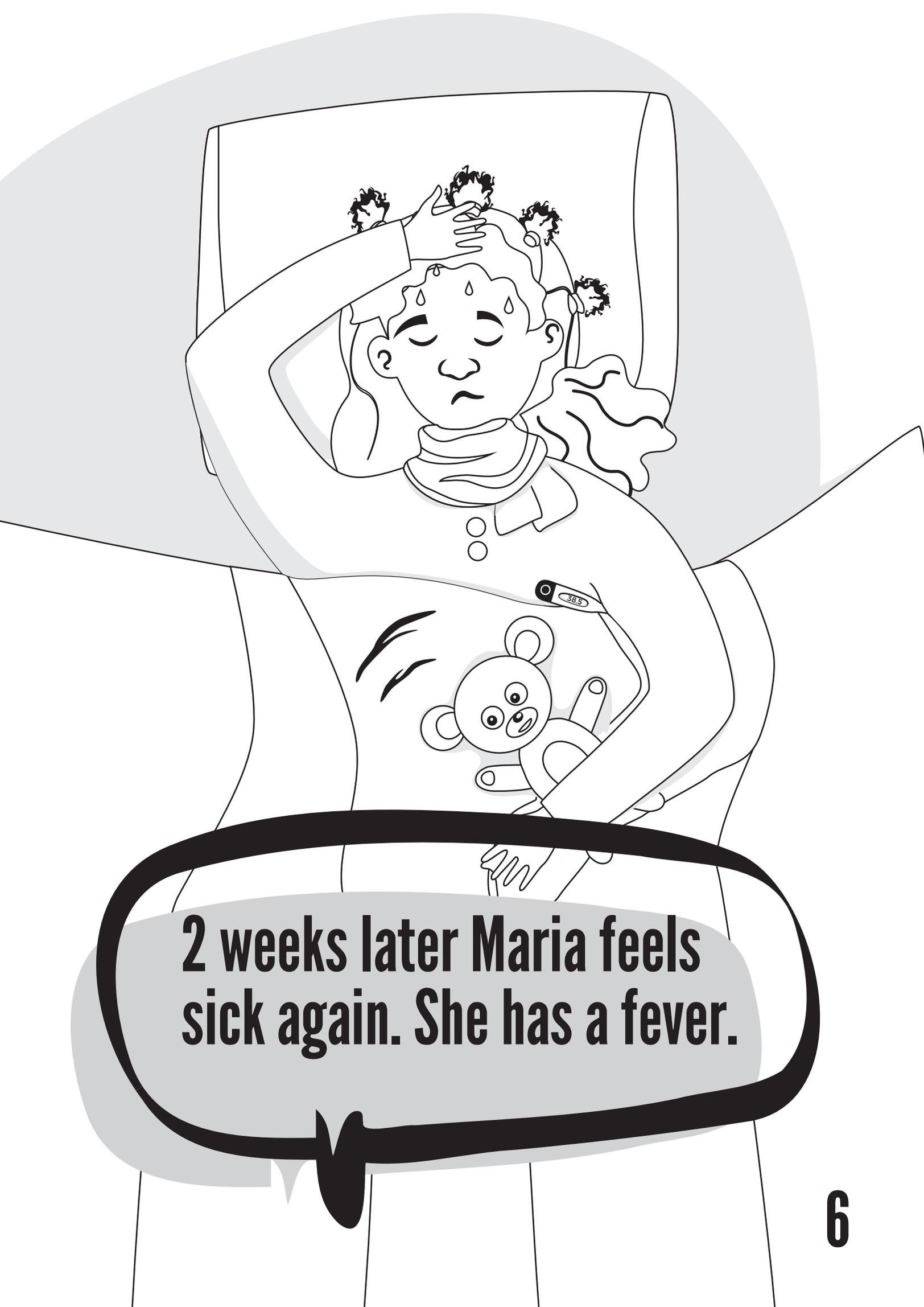
**One day Maria
has a sore throat.**



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

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

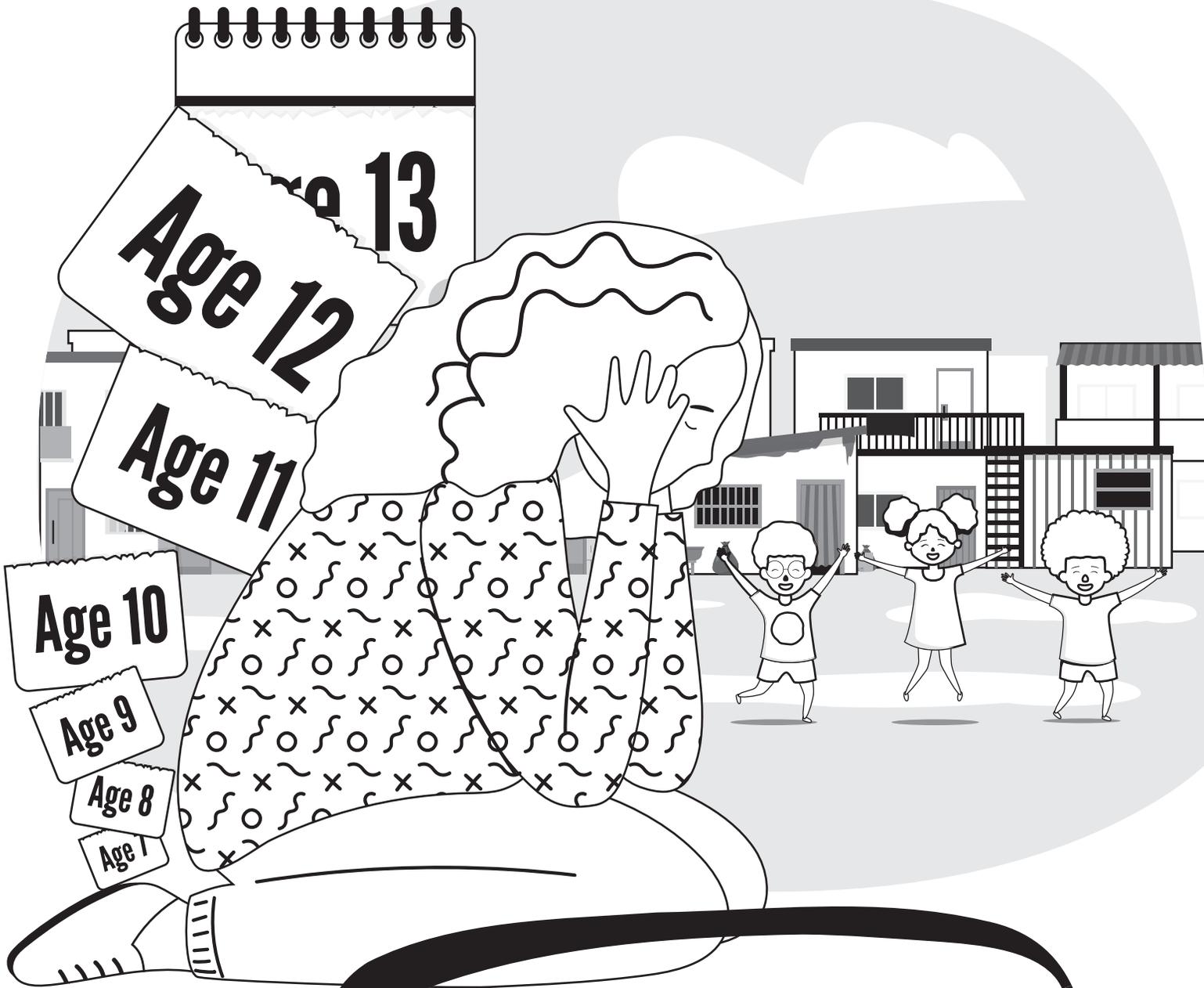




2 weeks later Maria feels sick again. She has a fever.

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





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

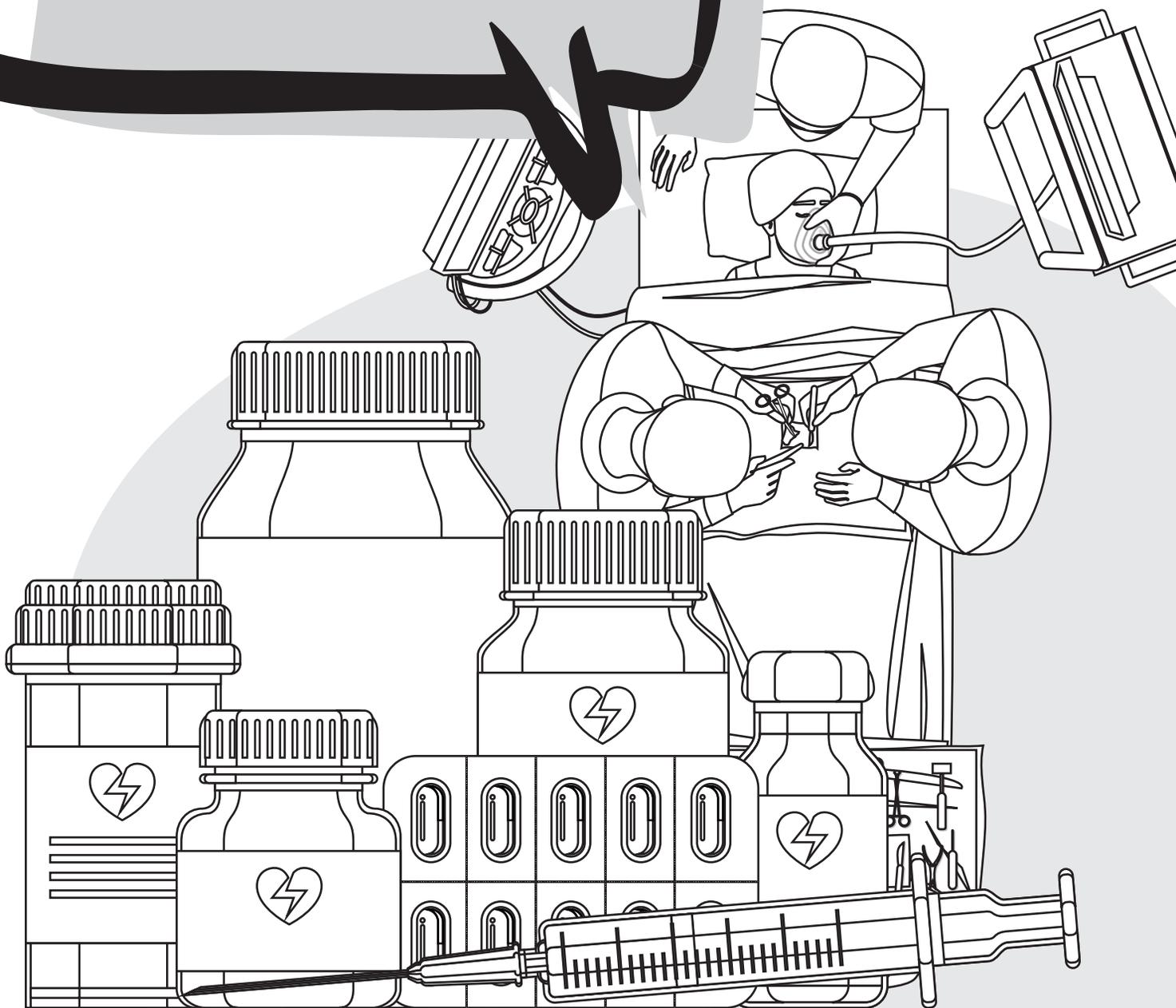
**It is also hard for
Maria to breathe.**

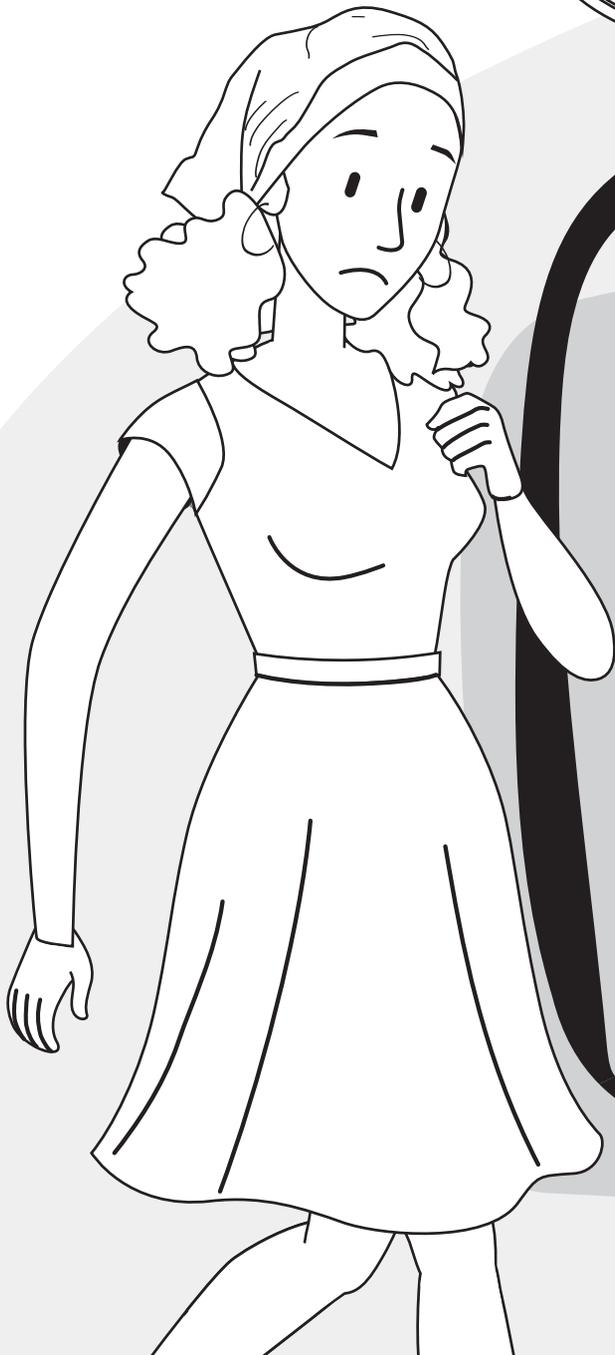




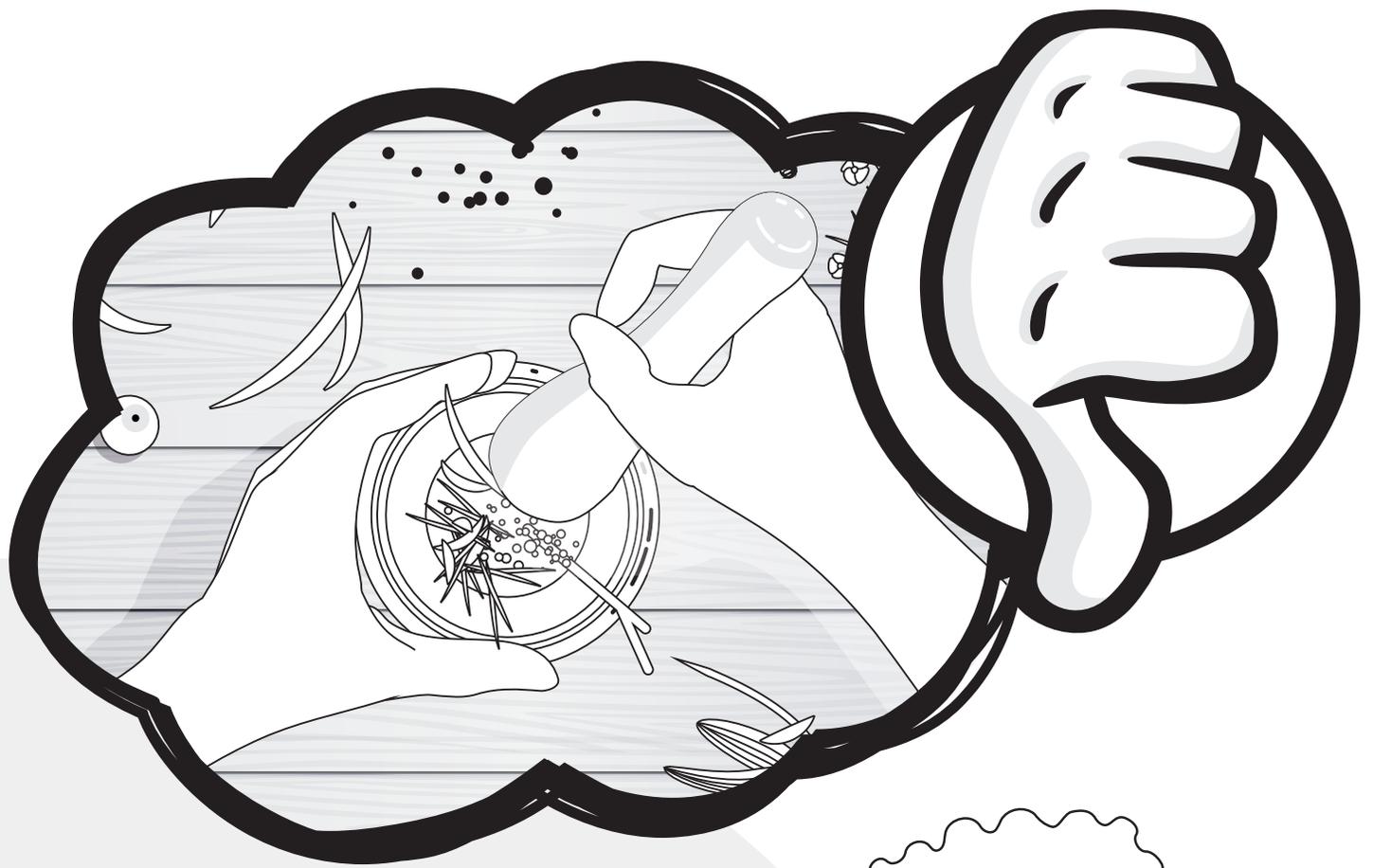
**Maria goes to the health clinic.
Her heart is very sick.**

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.