

Living healthily is where the party is at!



IN THE COUNTRY OF THE CARNIVAL IT IS DIFFICULT TO FIND PEOPLE THAT DON'T SUCCUMB TO THE CARNIVAL FESTIVITIES THAT SOMETIMES GO BEYOND ASH WEDNESDAY.

But to make sure the party contains only joy; you need to be careful about some things.

See below the tips the Ministry of Health put forth:



1 Have fun and say no to violence;

2 Remember that drinking and driving don't mix;

3 Avoid excessive intake of sodas and alcohol, and drink plenty of water and natural juices to stay hydrated;

4 Protect yourself from the sun using sunblock, hats and light clothing;



5 Don't litter on public spaces;

6 . Wash your hands frequently, so as to avoid diseases or contamination;

7

Prevent Sexually Transmitted Diseases (STDs) and HIV / AIDS by always wearing a condom.

