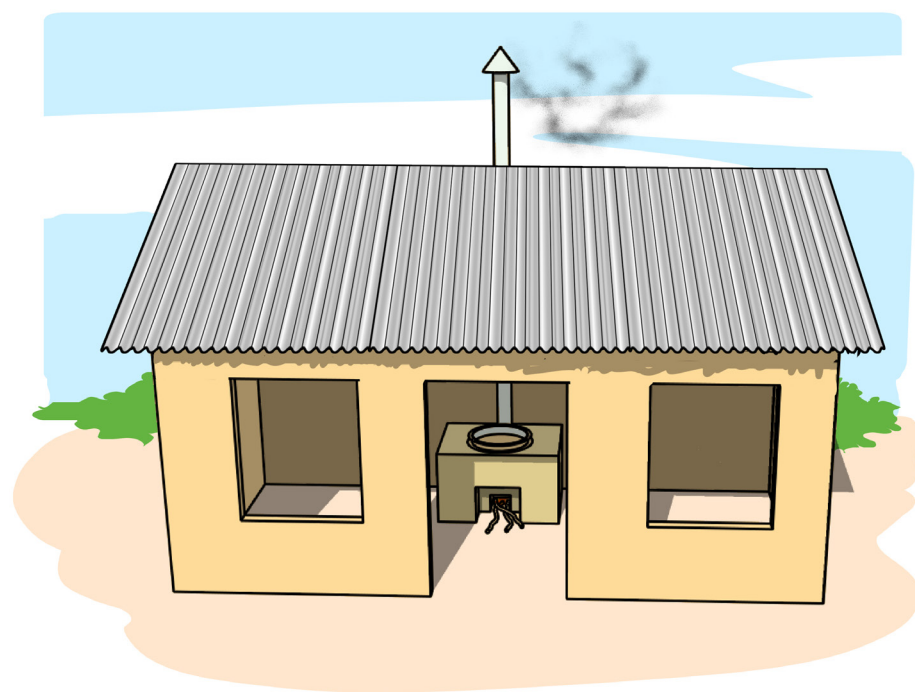


# You Can Reduce Exposure To Biomass Smoke During Pregnancy, After Delivery And Among Young Children By;



1. Spending less time by the fire while cooking.
2. Using dry firewood to cook to reduce smoke.



3. Avoiding burning rubbish and leaves; instead, recycle plastics and dispose of leaves and organic rubbish by burying into the soil.
4. Having two windows adjacent to each other and eave spaces.



5. Using locally built cooking stoves that produce less smoke.