

Swahili to English Translation of materials:

Material	Swahili	English
IFA poster v02	Tembe za Iron na Folic Acid Supplements (IFAS) huimarisha afya yangu na ujauzito wangu	Tablets of Iron and Folic Acid Supplements (IFAS) improve my health and pregnancy
	Kumeza Tembe ze IFAS kila siku kwa muda wa ujauzito husaidia:	Taking IFAS tablets every day during pregnancy helps in:
	Usipate ukosefu wa damu	Preventing a lack of blood
	Upate nguvu	You become stronger
	Ujifungue mtoto mwenye uzani uliyo sawa	You deliver a child who has a healthy birth weight
	Huimarisha afya ya mama na ujauzito wake	Improves the health of the mother and her pregnancy
	Tembelea kituo cha afya upate maelezo zaidi juu ya IFAS.	Visit the health centre to find out more information on IFAS