

Swahili to English Translation:

Material	Swahili	English
IFA poster_family_poster v02	Asante kwa tembe za Iron na Folic Acid Supplements (IFAS) afya ya mke wangu na mtoto wangu imeimarishwa	Thanks to Iron and Folic Acid Supplements (IFAS), the health of my wife and child has improved
	Muhimize mke wako ameze tembe za IFAS kila siku kwa wakati wa ujauzito ili	Encourage your wife to take IFAS tablets every day during her pregnancy so that:
	Asipate ukosefu wa damu	She maintains her hemoglobin levels
	Kuhifadhi nguvu zake wakati wa kujifungua	She can preserve her strength during childbirth
	Azae mtoto mwenya afya njema	She can give birth to a healthy baby
	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