

Appendix 5: SMS Message Content

Message 1:

English: Did you know that improved cookstoves emit less smoke than normal jikos, and that smoke is dangerous to your health and that of your family. Thank you

Swahili: Je,wajua kwamba moshi ni hatari kwa afya yako na familia yako?

Wekeza kwa jiko iliyoboreshwa isiyotoa moshi mingi na uishi maisha ya afya zaidi. Asante sana.

Message 2:

English: Protect your children's health from the harmful smoke from traditional cookstoves.

Invest in an Improved cook-stove to prevent diseases such as asthma.

Swahili: Linda afya ya mtoto wako kwa kutumia meko iliyoboreshwa. Moshi kutoka kwa jiko za kawaida,husababisha magonjwa ya kupumua kama vile Asthma(Pumu)

Message 3:

English: Adoption of clean cookstoves will improve your health by reducing the likelihood of coughs, colds, sore eyes, headaches and dizziness caused by smoke

Swahili: Matumizi ya jiko iliyoboreshwa huweza kupunguza homa, kohozi na vilevile kuboresha utendakazi wa mapafu hivyo kuboresha afya yako

Message 4:

English: Buy an improved cookstove and have more peace at home with less smoke emission and fewer hospital visits for cases of coughs or smoke related diseases.

Swahili: Unaponunua jiko iliyoboreshwa,utakuwa na amani ya kiakili kwa sababu ya moshi kidogo na kupunguza ziara za hospitali kwa magonjwa kutokana na moshi

Message 5:

English: Smoke from traditional cookstoves leads to nose, eye and throat irritations. Buy an improved cookstove that emits less smoke and live a healthier life.

Swahili Moshi kutokana na jiko za kawaida husababisha mwasho wa pua,macho na koo, Unaponunua jiko iliyoboreshwa, familia yako itaweza kuwa na afya njema.