



H.E. GEN. YOWERI KAGUTA MUSEVENI
NRM Party Chairman and President of
the Republic of Uganda



HON. DR. JANE RUTH ACENG
Hon. Minister of Health



HON. ROBINA NABANJA
State Minister for Health -
General Duties



**HON. DR. JOYCE MORIKU
KADUCU**
State Minister for Health -
Primary Health Care



DR. DIANA ATWINE KANZIRA
Permanent Secretary-
Minister of Health



DR. JOTHAM MUSINGUZI
Board Chairman,
NMS

THEME: "Celebrating NRM/A's patriotic struggle that ushered in national unity and socio-economic transformation"

NRA / NRM DAY ANNIVERSARY MESSAGE

The Board of Directors, Management and Staff of National Medical Stores (NMS) wish to congratulate H.E. Yoweri Kaguta Museveni the President of the Republic of Uganda, Cabinet, Members of Parliament, the Judiciary and all Ugandans as we mark the 34th NRA/NRM Victory Day anniversary with the theme: **"Celebrating NRM/A's patriotic struggle that ushered in national unity and socio-economic transformation"**

NMS remains committed to timely delivery of Medicines and other Medical supplies to Government Health Facilities for the good health of Ugandans.

For the Ugandans that we serve, help us serve you better by taking your individual responsibility seriously.

- Report theft of Government Medicines and Medical Supplies to the nearest Police Station or Health Monitoring Unit.
- Do not pay for any medicines or medical supply with words, **"NOT FOR SALE"**.

As we celebrate the 34th NRA/NRM Victory Day anniversary, NMS joins H.E. the President of the Republic of Uganda and the Ministry of Health in appealing to all people of Uganda to take the message of Preventive Health seriously.

We are convinced that preventive health will significantly reduce on the demand for medicines while at the same time maintain good health for our people.

Remember that in Uganda, 75% of the diseases that we take to Health facilities are preventable. This means that out of every 100 patients that come to our health facilities, **75** of us would **not** be there if we took responsibility for our health.

SO, LET US DO THE FOLLOWING:

1. Sleep under an Insecticide Treated Mosquito net every day.
2. Take our children for immunization and ensure that they complete all the doses and for all the immunizable diseases.
3. Always use helmets when on motor cycles and safety belts when travelling in motor vehicles.

4. Wash hands with water and soap after every visit to the toilet/latrine and before eating food.
5. Ensure that there is a latrine for every household.
6. Drink boiled clean water.
7. Brush/clean our teeth after every meal.
8. Promote peaceful co-existence and reduce crime that affects health of the population as assaults, rape and defilement.
9. Ensure healthy eating, regular exercise and avoid drugs and Tobacco use.
10. Have regular check-ups and screening for detection of diseases like Diabetes, High Blood Pressure and Cancers from qualified Health personnel.
11. Use family planning method of your choice.
12. Use our roads responsibly by avoiding over speeding, over loading and driving under influence of alcohol.

Then, for the 25 people out of 100 who have done all the above but still need treatment, the Hospital beds, health workers and medicine would be sufficient for them. We strive to serve you better.

NMS, Passionate about your life.