



Handwashing Tips

1



Wet your hands

2



Use soap

3



Scrub for
20 seconds

4



Rinse hands under
running water

5



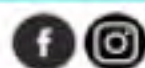
Dry them with a paper
towel or let air dry

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Turn off tap with
paper towel

Take care of your health.





Handwashing Tips

Wash your hands **before:**



Preparing a meal



Eating a meal



Changing a diaper



Caring for a sick person

Take care of your health.





Handwashing Tips

Wash your hands *after:*



Using the bathroom



Touching money



Shaking hands



Changing a diaper



Caring for a sick person



Taking out the trash



Handling pets

Take care of your health.





WATER SAFETY

After hurricanes or flooding, it is important to stay healthy by using clean, safe water.



Drink bottled water. Do not eat or drink anything that came in contact with flood water.



Use clean and safe water to bathe, brush teeth, clean dishes and cook food. Wash your hands for 20 seconds with clean water and soap, then rinse and dry them.

Take care of your health.





GET REGULAR CHECK UPS



If you have a chronic disease, such as diabetes or hypertension, follow up at your nearest community clinic/ primary care facility.



It is important that you get your prescription filled and take your medication.

Take care of your health.





AVOIDING UNSAFE FOODS ³⁷

Do not use packaged food that is -

- expired;
- unsealed;
- damaged by pests;
- punctured with tears or holes;
- is leaking and has watermarks.



Do not use food from cans that are dented, rusted or have swollen ends.

Do not eat food that -

- is not properly cooked;
- appears to have mold;
- has a bad odor; and/or
- has been unrefrigerated for prolonged periods.





Proper Waste Management



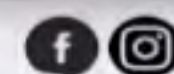
**A CLEAN, HEALTHY ENVIRONMENT
IS GOOD FOR YOUR HEALTH!**

Do not:

- X** Pile up garbage as this invites rats, mosquitoes, flies and other pests that can carry diseases that make you sick.
- X** Keep open containers that can hold standing water in the yard. This can help to prevent dengue fever, chikungunya and other mosquito borne diseases.

Remember to:

- ✓** Put garbage in a covered trash bin.
- ✓** Use toilet facilities and not an open yard when you need to use the bathroom. Be sure to wash your hands properly when done.
- ✓** Keep your environment clean and practice proper waste management anywhere you go.





MINISTRY OF HEALTH

PUBLIC HOSPITALS AUTHORITY

HURRICANE DORIAN

HEALTH SAFETY INFORMATION

WATER BORNE DISEASES



Water borne diseases are any diseases that can spread through contaminated water. The contamination can involve bacterial, viral or protozoan organisms. Infection can result not only from drinking the contaminated water but also from swimming in the water where it can enter the body in other ways such as through broken skin.

SYMPTOMS - WATER BORNE ILLNESSES:

- Abdominal cramping
- Fever
- Vomiting
- Diarrhea, possibly leading to: severe dehydration, malnutrition & death

COMMON TYPES OF WATER BORNE DISEASES INCLUDE: CHOLERA, TYPHOID FEVER, DYSENTRY, GASTROENTERITIS, SALMONELLA AND OTHER DIARRHEAL DISEASES.

FOLLOW THESE STEPS TO KEEP YOU AND YOUR FAMILY SAFE:

- Pay attention to local authorities about the status of your water supply.
- Always drink clean safe water. Use only bottled or disinfected water for drinking and cooking until the public water supplies have been declared safe.
- Ensure that any stored water is clean and germ free for subsequent use.
- If water is stored for bathing, add some Dettol Antiseptic liquid as directed to the bathing water to kill harmful bacteria.
- Water that you saved in bottles before the storm should be good for up to six months, if properly stored.
- Practice excellent hand hygiene, washing hands thoroughly with soap after using the toilet, before preparing food and before eating.
- Ensure all food is washed, cleaned and thoroughly cooked to kill harmful bacteria and other harmful germs that may be present.
- Ensure that immunizations are up-to-date to protect yourself from vaccine preventable diseases.



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HEALTH SAFETY INFORMATION

HANDWASHING

In the aftermath of a storm, proper hand washing is essential to minimizing the spread of diseases. Follow these steps to keep you and your family safe.



1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DON'T FORGET TO:

- Wash between your fingers
- Wash under your nails
- Wash the top of your hands

WASH YOUR HANDS

- After Using the Bathroom
- Sneezing, blowing your nose & coughing
- Touching a cut or open sore
- Playing with pets
- Before preparing meals
- Before eating

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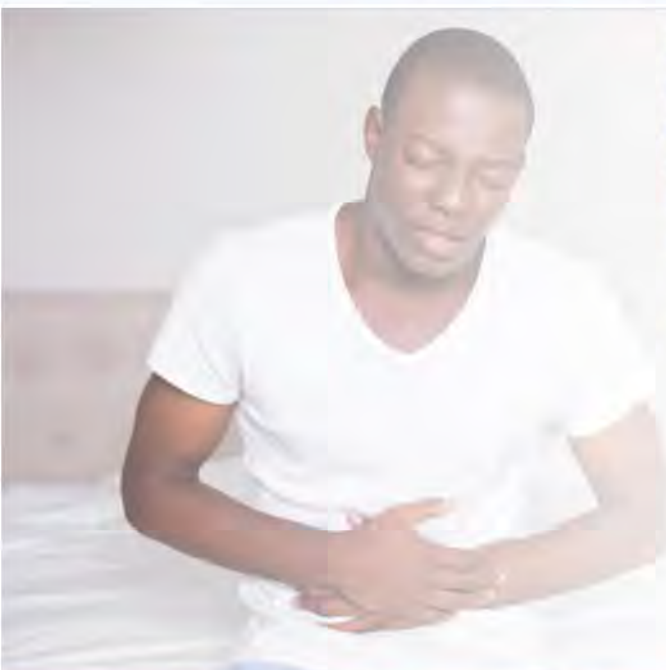
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HEALTH SAFETY INFORMATION

DIARRHEAL DISEASE



Diarrhea is defined as the passage of three or more loose or liquid stools per day (or more frequent passage than is normal for the individual). Diarrhea is usually a symptom of an infection in the intestinal tract, which can be caused by a variety of bacterial, viral and parasitic organisms.

CAUSES & SPREAD OF DIARRHEAL DISEASE:

- Infection (bacterial, viral, parasitic)
- Consumption of water contaminated with human or animal feces
- Spread from person-to-person, aggravated by poor personal hygiene.
- Food stored or prepared in unhygienic conditions
- Fish and seafood from polluted water

FOLLOW THESE STEPS TO KEEP YOU AND YOUR FAMILY SAFE:

- Ensure that you have access to safe drinking-water
- Use of improved environmental sanitation
- Proper hand washing methods using soap
 - After using the bathroom
 - Before preparing meals
 - Before eating
- Exclusive breastfeeding for the first six months of life
- Good personal and food hygiene
- Ensure that immunizations are up-to-date to protect yourself from vaccine preventable diseases

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Take Care of your Mental Health

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Loss and displacement are stressful situations to face. It is common to have difficulty managing your feelings in the days and weeks following a traumatic event.

When nightmares, feelings of guilt, thoughts of suicide or withdrawal from the people and activities that you once loved, do not lessen over time. When feelings of worry, sorrow and anger affect your ability to function in daily life, it is time to reach out for help.

Talking with a trusted friend, mental health professional or guidance counselor is a healthy way of coping with your emotions.



**Call the Community Counseling & Assessment Centre
at 323-3293 someone is ready to listen and help.**

Health & Safety Information



Healthy Habits for Children



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HANDS

Keep your hands out of your mouth. Many things that your hands touch like toys, doorknobs, or cell phones, may have germs. Keep your fingernails and toenails trimmed, and clean.



PLAY

Play outside as much as possible, without your electronic devices.



SURROUNDINGS

To keep your surroundings nice and clean, put your trash in a garbage bin, not on the ground.



SLEEP

Remember you should be in bed by 8:30 p.m. Get a good night's sleep to be fresh for a new day.





TAKE CARE OF YOURSELF



Always wash your hands with soap and clean water.



Have a bath or shower two times a day.



Brush your teeth at least two times a day.



Do not share or use anyone else's toothbrush, towel, comb or hair brush.

Your personal hygiene is important!





PREVENTING CAVITIES

A cavity is a hole in your tooth.

To help stop cavities -



eat foods that keep your body, teeth and gums healthy.



do not leave sugar on your teeth.



brush your teeth at least two times a day.



visit a dentist every 6 months.

Take good care of your teeth and gums!





ORAL HEALTH

Take good care of your teeth and gums!



Brush your teeth at least two times a day.



Use dental floss to clean between your teeth.



Use a soft toothbrush with toothpaste.




Visit a dentist every six months.

YOUR ORAL HEALTH IS VERY IMPORTANT!





Foodborne Illnesses



Foodborne illnesses can happen when people eat foods that have harmful germs or chemicals. Symptoms of foodborne illness include: nausea, vomiting, diarrhea and stomach cramps. Symptoms may show up from 12 hours to 3 days later.

The following groups are more at risk:

- pregnant women;
- young children;
- older adults; and
- those with weak immune systems.

TO AVOID FOODBORNE ILLNESSES:

- ☑ always wash hands before preparing and eating food;
- ☑ keep food preparation areas clean and sanitized;
- ☑ use clean water to wash and prepare food;
- ☑ keep raw food away from cooked foods;
- ☑ do not eat food that is not properly cooked; and
- ☑ keep food at safe temperatures.
(keep hot foods - hot, and cold foods - cold)





Coping After a Disaster

Whenever there is a disaster such as a hurricane, people experience many different emotions. These include anger, anxiety, frustration, sadness, grief or depression. Everyone reacts differently, and they should be allowed to express themselves freely.

Here are some things you can do to help you to cope:

- connect with others and maintain healthy relationships;
- pay attention to information from trusted officials so that you are well informed;
- make time to do things you enjoy;
- avoid too much exposure to the aftermath of the disaster;
- relax and unwind when you need to; and
- talk to a health professional who can help you deal with the stress.

Call the Community Counseling & Assessment Centre at 323-3293 someone is ready to listen and help.



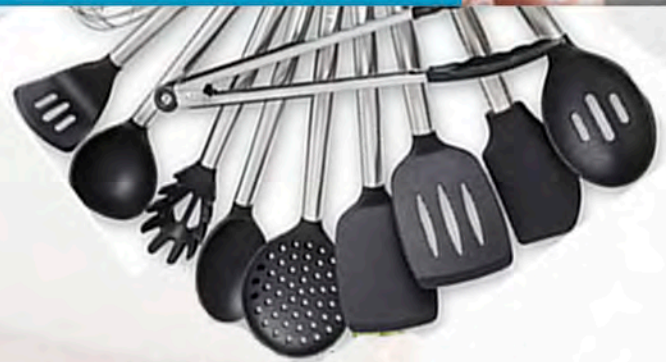


Food Safety - Cross Contamination



It is easy for germs to spread in the kitchen. It can spread from dirty hands to equipment to other foods. This is called cross contamination. Here are ways to prevent cross contamination:

- ✓ Wash your hands between each task.
- ✓ Use separate utensils to handle different types of food.
- ✓ Keep raw food separate from cooked or ready to eat foods.



Use the following steps to properly clean and sanitize your utensils, dishes and kitchen surfaces before and after each use.

1. Wash with 8 drops of bleach per gallon of water;
2. Rinse; and
3. Air dry.



Wound Care

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After a hurricane, in order to stay safe, it is important to avoid getting injured to prevent infection.

To prevent getting injured, **DO NOT** walk with bare feet outside.

If you **DO** have a wound:

- ✓ Wash your hands with soap and clean water.
- ✓ **DO NOT** touch the open wound with your fingers while treating it.
- ✓ Apply direct pressure, with clean gauze or other clean material, if it is bleeding.
- ✓ Use clean running water or bottled water to pour over and cleanse the wound.
- ✓ Clean around the wound with soap and clean water.
- ✓ Pat dry with a clean cloth and apply a bandage.



SEE A HEALTHCARE PROFESSIONAL IF:

A wound is contaminated with soil or dirt, feces, any foreign object, develops redness, swelling or oozing.

Health & Safety Information





Preventing the Spread of Respiratory Diseases

When you are in close contact with someone who is sneezing or coughing, droplets from these actions can spread germs that make you sick and cause respiratory diseases.



To lower the spread of these germs:

- ✓ Cover your mouth and nose when you sneeze or cough.
- ✓ Wash your hands often.
- ✓ Avoid sharing drinking glasses, eating utensils and personal items.
- ✓ Wipe and disinfect surfaces where germs can live, and keep your surroundings clean.





Coughing and Sneezing

To prevent the spread of germs:



1



or

Cough or sneeze in your elbow,
NOT in your hands or in the air.

Cover your mouth and nose with
tissue paper when you cough
or sneeze.



2

Put your used tissue in the
trash bin when you are finished.



3

Wash your hands with soap and
clean water after you cough
or sneeze.

