



BELIZE PRESS OFFICE

•Phone: 501-822-0094, 0092, 0759

•Fax: 501-822-2671

• website: www.belize.gov.bz

Attention all Editors/General Managers:

Kindly utilize where possible the following health messages as public service announcements.

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Health Messages – Flooding Situation

Protect children from becoming ill from diarrhoea, Hepatitis A, parasites and other health problems. Keep them away from flood water and mud. Make sure they do not play with anything that has come in contact with flood water or mud.

Drinking Water Safety

Children, the elderly, and persons with chronic health problems are at greater risk of becoming ill from germs in dirty flood water. If you are not sure about the safety of your drinking water, either use bottled water or make your water safe by boiling or adding bleach (Clorox).

- Boil water fully for at least 1 minute. This will kill most types of germs that cause disease. After boiling, let the water cool then store it in a clean, covered container.
- If you cannot boil water, disinfect it using household bleach (Clorox). Add 1/8 teaspoon (or 8 drops) of Clorox to each gallon of water. Stir it well and let it stand for at least 30 minutes before using it.

If you have a well located in a flooded area, it should be assumed to have been contaminated. The water should be disinfected after the flood waters recede. Contact your local health center for specific advice on the safety of your well water.

Food Safety

Keep your food safe during and after the flood.

- Do not eat any food that may have come into contact with flood water.
- Throw away any food that is not in a waterproof container if there is any chance that it has come into contact with flood water
- Floodwater may have sewage and other harmful germs and chemicals

Home Safety

To prevent illness, disinfect and dry buildings and household items as soon as the flood water recedes. This will prevent growth of some bacteria, viruses, mold, and mildew that can cause illness.

If there has been a backflow of sewage into your house, wear rubber boots, waterproof gloves and Clorox during cleanup. Remove and throw away contaminated household items that cannot be disinfected.

Prevent Dengue, Chikungunya and Malaria

Flooding provides more water for mosquitoes to breed. This can result in more cases of Dengue, Chikungunya and Malaria. Use mosquito repellent, sleep under a mosquito net, and use long sleeve shirts and long pants to protect yourself from being bitten.

"A Health and Wellness Message from Your Ministry of Health"