

HEALTH ADVISORY DURING TYPHOON

Water:

- Make sure drinking water is from a safe source.
- When in doubt, do not drink. Boil it for 3 minutes or chlorinate drinking water to make it safe.



Food:

- Food should be well-cooked.
- Left-overs should be covered and kept away from household pests.
- Food waste should be disposed properly.

Clothing:

Keep yourself dry and warm.

Others:

- Consult a doctor at once if you, or any member of your household, have any sign or symptom to prevent the spread of infection in the evacuation area.
- Common infections or diseases that may spread in an evacuation area include: coughs and colds, acute gastroenteritis, skin and eye infections, measles, dengue, leptospirosis, hepatitis A.
- Do not allow children wade in floodwaters to avoid diseases such as leptospirosis.
- Dispose all waste properly.
- Maintain personal hygiene, always wash your hands before and after eating and using the toilet.
- Put safety first. Avoid hanging wires and unstable structures.