

Health Tips



Wash your Hands

- Wet your hands with soap and water.
- Rub all parts of your hands for no less than 20 seconds.
- Wash your hands with running water.
- Dry your hands with paper towel.
- If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).

If you do not feel well (have fever, have diarrhea, and/or are vomiting), go to the nearest Hospital.

In the event of a serious illness or injury, CALL 911



Prevent the effects of heat

- Protect yourself from the sun; seek shade under a tree, an umbrella or a pop-up tent; wear loose-fitting clothing; wear a wide hat and sunglasses.
- Apply sunscreen to protect your skin from burning.
- Stay hydrated by frequently drinking safe water.



Avoid injury and stay safe

- Obey traffic signals, speed limits, and always wear a seatbelt.
- Do not drink alcohol and drive.
- Use the crosswalk when crossing the road.
- Swim when lifeguards are on duty.
- Closely monitor the activities of your children.



Protect Yourself

All it takes is one bite from an infected mosquito to be infected with the following viruses: chikungunya, dengue, and zika.

- Protect yourself by applying mosquito repellents that contain 20% to 30% DEET
- When practical, wear long sleeves and pants when going outdoors.
- Stay and sleep in screened or air-conditioned rooms.



Observe Tobacco Free and Alcohol Free environment

- Promote a safe and clean environment.

This message was brought to you by the ECHO (Event and Community Health Outreach) team of the Department of Public Health and Social Services, in partnership with the Public Health Division of the Pacific Community
For more information call (1-671) 735-7102



Pacific Community
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