



06th September 2007

WARNING


WEATHER AND YOUR HEALTH

The prevailing weather conditions are causing what is known as '*body thermal stress*', which leads to sickness and even loss of life for both humans and livestock.

Dry air, dust storms, high temperatures and enhanced body sweat during the day, followed by cooling temperatures at night lead to the weakening of immune system in particular.

Children, the aged and the sick must be discouraged from exposing themselves to sunny and windy conditions. At the same time they must remain well clothed while indoors and after sunset. People should also avoid a too quick change from a warmer place to a colder place or vice versa.

Stagnant water, particularly from open wells must be boiled before consumption. Food, especially meat should not be left for a long time before use, unless refrigerated, as it attracts pathogens at a faster rate under these conditions.

Signed By:.....

B. T. Sekoli
Director (LMS)

