

Be Alert!

If you or anyone you know has come into contact with someone who is ill and later experiences any of the following symptoms, contact a doctor or health care provider immediately:

- Fever
- Cough
- Runny nose
- Body aches
- Nausea
- Vomiting
- Diarrhoea

The doctor or healthcare provider will let you know what you should do next.



Good hygienic habits are easy to begin and maintain. Starting with a few of these ideas will help you start on your way to developing good hygiene for both you and your family.

Please visit the Ministry of Health Website for updates:

www.bahamas.gov.bs

Scroll down to Ministry of Health.

Community Health Clinics Contacts:

New Providence:

Ann's Town	393-0300
Blue Hill Road	323-5553
Coconut Grove	325-4013
Elizabeth Estates	324-2923
Flamingo Gardens	361-6430
Fleming Street	322-6748
Fox Hill	324-3255
Gambier	327-8354
South Beach	393-2123

For further information contact the Department of Public Health at (242) 502-4790. Family Island residents, please contact your nearest Community Health Clinic.



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Ministry of Health, P. O. Box N-3729
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Good Health Habits Start with You!



WHAT YOU SHOULD KNOW:



MINISTRY OF HEALTH

Good Health Habits

Many things that we do on a daily basis can harm our health.

To avoid becoming sick here are some simple steps to take:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw used tissue in the garbage bin.
- If tissue is **not** available, cough or sneeze into your sleeve, rather than your hands.
- Avoid using cloth hand towels or handkerchiefs.
- Avoid touching your eyes, nose or mouth, particularly with dirty hands.



Flu or Cold Prevention:



Germs are often spread when a person touches something that is contaminated with the germs, and then touches his or her eyes, nose, or mouth.

Get plenty of sleep, be physically active, manage your stress, drink plenty fluids, and eat nutritious foods.

- Wash hands often with soap and water for at least 15 seconds, especially after you cough or sneeze. After drying hands, use hand towel to turn off the tap and discard towel in garbage bin.
- Wash hands after reading newspapers, after handling money, or using shared instruments, especially before eating.
- Alcohol-based hand sanitizers are also useful, should soap and water **not be** available. Rub hands together until sanitizer is completely dry to ensure proper cleansing.
- Avoid close contact with sick people. If you are sick, stay away from others to protect them from getting sick.

Signs of Severe Illness

If any of these symptoms appear, attend your nearest hospital or health care facility immediately:

- Difficulty breathing, shortness of breath or chest pain
- Skin colour is purple or bluish e.g. lips
- Fever with a rash
- Sudden dizziness
- Vomiting and unable to keep down liquids
- Not drinking enough fluids (passing little urine or dark yellow urine)
- Change in level of consciousness
- Confusion or unusual behaviour
- Severe irritability--in cases with children
- Flu-like symptoms improve but then return with fever and worsening cough