

# DISEASE PREVENTION AFTER THE TYPHOON



Find out what you and your family can do to keep yourselves healthy

After natural disasters like typhoons, it's normal to see an uptick in the number of reported illnesses. This is caused by a number of things like the contamination of food and water and the disruption of healthcare services.

To help you keep diseases at bay, we've listed down 5 helpful tips that you should keep in mind:

## 1 WASH YOUR HANDS.

One of the simplest ways to keep diseases at bay is to wash your hands thoroughly with soap and water. Do this regularly, especially after cleaning up and handling trash. However, we understand that in some areas, water may still be scarce or unavailable. If this is the case, please use alcohol-based products.

## 2 SECURE A SUPPLY OF CLEAN WATER.

Water from the faucet may not be safe for drinking or for cooking because it may have been contaminated. So if you have access to bottled water, use that until you're sure that your water supply is safe for consumption. If bottled water is not available, you may boil water to kill disease-causing organisms. Don't forget to store it in clean containers when you're done. Lastly, follow public announcements to know when the water is safe to use for drinking and cooking.



## 3 KEEP YOURSELF AND YOUR FAMILY HEALTHY.

After the typhoon, respiratory illnesses and diarrhea are common. If you are suffering from any of these, please try to see a healthcare professional right away. If possible, get medicines for your ailments. To avoid infection, please also have your injuries and wounds checked.

Toduguam Foundation is mobilizing our Mobile Care Clinic to provide over-the-counter medicines, antibiotics, and wound care in areas that are most in need right now. For more information on where the Mobile Clinic will be and how the community can avail of our services, please follow us on Facebook and Instagram.

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## 4 PROTECT YOURSELF FROM STRAY ANIMALS AND INSECTS.

This is something that's easily overlooked, but one that we have to be aware of. After the typhoon, mosquitoes, rats, and other pests may come out. This may be due to floodwater and garbage. Watch out for wildlife like snakes, too, especially after flooding.

To keep these unwanted guests away, make sure that you clean up after eating and store your food in proper containers. Get rid of the garbage inside the house also. Try to cover the holes in your home as well.

## 5 GET MENTAL HEALTH SUPPORT.

Even after the typhoon is done, things may still be rough. It's possible that it will take weeks, even months, for the island to recover. Because of the tough situation, you may become restless, anxious, and unable to sleep.

There are ways to look after your mental health. For one, take advantage of the resources that the local government is making available to you. Try to also ease back to your normal routine. Connecting with your friends and family is also a must. The Toduguam CARES Movement can also help you learn resiliency skills and techniques.

*We hope these tips will help you stay healthy. We still have a long way to go to help our beloved island get back on its feet. But we are one with you in making this happen. Together, we will emerge stronger than ever.*

You may reach Toduguam Foundation by phone at 671-797-8431, by email at [wecare@toduguam.com](mailto:wecare@toduguam.com), and through our pages on Facebook and Instagram. For medical emergencies, please call 911.

### SOURCES:

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