PREVENTION DURING SANDSTORMS

In view of the sandstorm hitting Lebanon, the Ministry of Public Health of Lebanon urges citizens, mainly those suffering from asthma, chronic pulmonary diseases, heart diseases, elderly, children and pregnant women, to stay home and avoid exposure to dust and to use the medicines recommended by their doctors, and to wear dustproof masks should they venture outside their homes.

Thus, here are the most important health tips during sandstorms:

The risks of sandstorms are as follows:

1. High air pollution affects the respiratory system mainly among those with asthma and respiratory diseases
2. The dust particles can irritate the respiratory system thus leading to nose allergy.
3. The level of visibility highly drops and might be reduced to zero in some cases
4. Land and air transport may be disrupted and car accidents may increase
5. Properties and plantings may be damaged

Preventive measures during sandstorms:

1. Avoid going out unless for urgent reasons, because dust is a factor for the transfer of bacteria, virus and parasites
2. If you had to get out, wear a dustproof mask or a moistened bandanna, in addition to eyeglasses to protect your eyes
3. Do not exercise outside the home
4. Don’t eat mobile exposed foods
5. Drink plenty of liquids, mainly water
6. Inhale water vapor to clean the nose from dust
7. If you are in the car, drive at low speed and turn on your headlights and close the windows tightly. In case the visibility is unclear, we advise you to stop at the nearest point.
8. Close the doors and windows tightly to avoid the entrance of dust into buildings and houses
9. Avoid being in overcrowded places as to avoid the spread of infection from disease to others
10. Avoid temperature differences from one place to another
11. Wipe your face with wet wipes from time to time to avoid the attachment of bacteria to the face
12. Take vitamin C to prevent respiratory diseases

In case of shortness of breath or hypotension, kindly go to the nearest health center or call your doctor. The same applies in case of cough, headache and eye infection.

Masks and basic allergy medicines are available in health centers. The Ministry of Public Health is alerted through the primary healthcare network, epidemiological surveillance, governmental hospitals and private hospitals that are contracted with the Ministry, as well as through the Red Cross to follow-up on the situation.

For more inquiries, please dial 1214 or 03-538878