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PRESSE RELEASE

The Minister of Public Health, Dr MANAOUA Malachie brings to the attention of the public that the analysis of climate data over the period between the months of March, April and May 2024, as carried out by the National Observatory on Climate Change (NOCC)), reveals a high probability of temperatures above historical regional averages in eight of the ten regions of the country. These include the Far North, North, Centre, East, South, North West, Littoral and South West Regions. The only regions spared from this phenomenon are the West and the South-West.

Also, considering the harmful effects of this climate change on health, the Minister of Public Health reminds populations, including healthy people, of the usefulness of adopting preventive measures in the event of extreme heat, on the one hand, and on the other hand, the reflex to go to the nearest health facility in the event of warning signs.

The following preventive actions should be adopted:

1. Drink enough water throughout the day;
2. Avoid intense physical activities during the hottest hours;
3. Stay in the shade and wear light, loose clothing;
4. Use fans or air conditioning, if possible, to cool down;
5. Monitor vulnerable people, such as the elderly, the chronically ill and children;
6. Wet your body regularly;
7. Ventilate homes early in the morning and during the night;
8. Avoid consuming alcohol, as this can increase dehydration.

Warning signs to recognize:

A. General signs

1. Cramps;
2. Headaches;
3. Nausea;
4. Unusual fatigue.

B. Signs of dehydration

1. Intense thirst;
2. Reduced urine production;
3. Dark urine;
4. Dry mouth;
5. Dry skin and loss of elasticity.

For any information, call the toll-free number **1510**



Dr. Manaoua Malachie