

# Issue Brief: Hurricane Relief Guidance

18th September 2017

## HELP FOR IRMA HIT COUNTRIES

The Ministry of Health advises that deployed service persons, volunteers and members of the public travelling to islands affected by Hurricane Irma should take precautions. While the Bermuda Regiment and a BHB staff member have been deployed to the islands to help and the Department of Health answered the call for medical supplies to be distributed, many private individuals and professionals may also be interested in going to the islands to help bring relief. The Ministry of Health is advising those individuals to take precautions as the risk to their own health is high in these storm-torn areas.



## How to help (without going)

- Contact the West Indies Association in Bermuda for fundraising efforts
- Donations to Bermuda Red Cross through BNTB: 20-006-060-663859-200, or call 236-8253
- Donate to the Salvation Army online at: [sar.my/amappeal](http://sar.my/amappeal)

## Risks to Relief Workers

- Diarrhoeal diseases due to lack of access to safe drinking water
- Cholera transmission in areas with previous transmission (Haiti & Dominican Republic)
- Acute Respiratory infections due to overcrowded shelters
- Flood-specific risks (e.g. tetanus, leptospirosis)
- Mosquito-borne diseases

## Preventive Health Measures

Before going, ensure your vaccinations are up-to-date, including:

- tetanus
- hepatitis A
- cholera & typhoid
- hepatitis B

During the trip:

- Ensure drinking water is safe—chlorinated or boiled
- Wash hands with soap
- Only eat thoroughly cooked food
- Wash fruit and vegetables with bottled or chlorinated water
- Avoid eating raw seafood
- Use mosquito repellent
- Wear long-sleeved shirts and long trousers
- Use mosquito nets
- Sleep in screened or air-conditioned rooms