

Health Advisory for the public/ relief camp officials during Flood and Post Flood Period

(Public Health Division, Directorate of Health Services, Thiruvananthapuram, Kerala)

1. Medical Care

1.1 Public will get health advice in the health facilities / medical camps / mobile medical and public health units visiting the affected areas.

1.2. For injured persons, one dose of Tetanus Toxoid Injection is administered in all the health facilities including camps.

1.3. In addition to the medical care, bleaching powder for decontamination of water tanks is also made available in the medical camps / mobile medical and public health units.

1.4. Further, all Government Health facilities have all necessary emergency facilities and drugs. These facilities may be availed of by the public.

2. Infectious Diseases Prevention and Control

2.1. Health service is taking all efforts to prevent the occurrence of water borne diseases like Diarrhoea, Hepatitis, air borne diseases like Acute Respiratory Tract infections, Viral Fevers , vector borne diseases like Dengue Fever, Malaria and also Leptospirosis.

2.2. The public are advised to follow the following precautions:

- a. Only safe drinking water to be used.
- b. Boiled water is most preferable for drinking (see section 3).
- c. Frequent hand washing with soap and water is a must to prevent infections.
- d. Food materials soaked in flood water should not be used.

2.3. If anyone develops fever or diarrhoea, they should seek health care in Government health facilities including medical camps. Self treatment is not advisable.

2.4. If any clustering of cases noticed (i.e. more than 3 cases in the same locality), the nearby health facility may please be informed by any one concerned.

3. Protected and Safe Drinking Water

3.1. If boiled or quality bottled water is not available, water which has been SUPER-CHLORINATED should be used for drinking.

3.2. Methods of SUPER-CHLORINATION for water tanks, storage containers-

a. 5 gms (1 teaspoon) of commercial bleaching powder for 1000 liters of water

(Take bleaching powder in a bucket and make a paste by adding small amount of water, then add water up to 3/4th of the bucket slowly and mixing thoroughly. Wait for 10 to 15 minutes to sediment, transfer the supernatant chlorine water to another bucket and mix the chlorine water in the overhead tank. One hour after the above process of Super Chlorination, the water may be used.

b) 1 x 500mg chlorine tablet for a 20 litre container

b.. 1 x 5 gm chlorine tablet for 200 litres of water

c. 20 ml of liquid chlorine solution for 1000 litres

4. Procedure for Cleaning of tanks / Overhead tanks after Flood

4.1. Submerged bore-wells, open wells should be used for collecting drinking water only after thorough cleaning.

The step by step procedure is given below:

a. The water already in the tanks / overhead tanks should be drained out completely.

b. Scrub and wash the tanks / overhead tank thoroughly.

c. After thorough scrubbing, the tanks / overhead tank can be filled with water.

d. The water should be super-chlorinated as described above.

e. Allow the water to flow for at least five minutes in all taps to flush out the impurities and to sanitise the system.

4.2. Wells and water from bore-wells also should be super-chlorinated in the same manner.

5. Hygiene Measures in Temporary Shelters

5.1. People staying in temporary shelters should drink only boiled /bottled water provided in the camp.

5.2. People should use toilet facilities. If not available for any reason, they may request the camp in-charge to provide the temporary safe toilet facilities.

5.3. Disinfection of temporary shelter areas with bleaching powder and lime (neetu-kakka) mixture frequently (Method of preparation-- 250 gms of bleaching powder + 1 Kg lime powder).

6. Fly Control Activities

6.1. Flies multiply in garbage and decaying materials. Therefore, garbage and decaying materials should be removed at the earliest with the involvement of the Local Bodies.

6.2. These areas should be disinfected with bleaching powder and lime mixture

7. Mosquito Control

7.1. Regular mosquito breeding preventive measures should be followed as far as possible

7.2. General use of mosquito repellent creams and measures like mosquito coils also is advisable

8. Safe Disposal of Dead Animals or Birds

8.1. Dead animals or birds if noticed should be brought to the notice of the Municipality /Panchayat officials, and disposed off by deep burial and spreading of bleaching powder.

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It is advisable to check Health department website www.dhs.kerala.gov.in for further updated versions)

For clarifications, or to speak with any Health Department official, please call DISHA , 0471-255 2056, (or 1056-Toll Free)