

HEALTH CAMPAIGN

Amid the lasting Lebanese Garbage Crisis, EDUVATION School Network is launching an awareness campaign to help face this problematic situation.

As the wellbeing of our learners and staff is our utmost concern, we strive to provide the safest environment possible for all. We believe that by joining efforts with parents, learners and staff members we can work together to protect our schools and our homes, thus contribute in reducing as much as possible the negative consequences on our close environment and avoiding the negative consequences on our health and environment.

EDUVATION School Doctors have provided the below tips, adapted from The Center of Disease Control in USA. We are sharing them with you:

Drink and use safe water :

- Bottled water with unbroken seals and canned/bottled beverages are safe to drink and use
- Safe water should be used for teeth brushing, washing and preparing food and making ice
- Food preparation areas and kitchenware should be cleaned with soap and safe water and left to dry completely before reuse

To be sure water is safe to drink and use :

- Boil it or treat it with a chlorine product or household bleach
- If boiling , bring water to a complete boil for at least 1 minute
- If treating it with chlorine, use one of the available products and follow the instructions
- Household bleach can be used : 8 drops of household bleach for every 1 gallon of water or 2 drops for every one liter of water. Wait 30 minutes before using
- Treated water should be stored in a clean, covered container

Additional tips:

- Wash hands often with soap and safe water, especially before eating or preparing food and after using toilet or taking care of someone with diarrhea. If no water and soap are available, use an alcohol-based hand cleaner (with at least 60% alcohol)
- Cook food well (especially seafood), keep it covered , eat it hot and peel fruits and vegetables
- Avoid swallowing water when swimming

Avoiding Bug Bites:

- To avoid bug bites , (considering that mosquitoes and ticks could be the vectors of diseases as well as the cause of discomfort) , these steps are recommended :
- Use insect repellent : a repellent should contain 20% or more DEET for protection that can last up to several hours . Follow the product directions when applying
- Cover exposed skin by wearing long-sleeved shirts , long pants and hats (if outdoor)
- Stay and sleep in screened or air-conditioned rooms
- If bitten by a bug or mosquito: avoid scratching the bite , apply hydrocortisone cream or anti-histamine lotion to decrease the itching
- If it is a tick , find it and remove it from your body and bathe and shower as soon as possible