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هيئة الصحة
HEALTH AUTHORITY

PREVENTIVE MEASURES DURING SANDSTORM

Exposure to sand and dust is harmful and has a negative effect on the health of most people. However, there are certain groups of people who are more susceptible to such harm caused by **sandstorms**. These groups include:

- Infants, children and elderly.
- People with nasal allergy and sinusitis.
- People who suffer from chronic respiratory diseases such as asthma and Chronic Obstructive Pulmonary Disease (COPD).
- Patients with heart diseases.
- People with eye allergy or eye diseases.

To avoid the negative effects of sandstorms, patients with chronic respiratory problems are advised to adhere to certain preventive measures. These measures are also useful to public:



Be updated on latest warnings announced regarding weather changes, especially the waves of dust or sandstorms.



Stay at home as much as possible during the dust and sandstorm.



Close windows of your house during the windy days.



Wear protective masks, if you have to leave the house. If masks are not available, napkin or cloth can be kept around the nose and mouth, preferably moistening cloth a bit.



Apply a little amount of non-perfumed vaseline inside the nostrils to avoid dry mucosa.



Use eye protection such as goggles/glasses and avoid contact lenses.



If you are a patient with chronic respiratory disease, take your medicines and inhalers every day as prescribed by your doctor.



Follow up with your doctor if your disease gets worse.

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