

You may seek medical attention:

TRINIDAD

—General Hospital,
Port of Spain.
623-5480

—General Hospital,
San Fernando.
652-3581

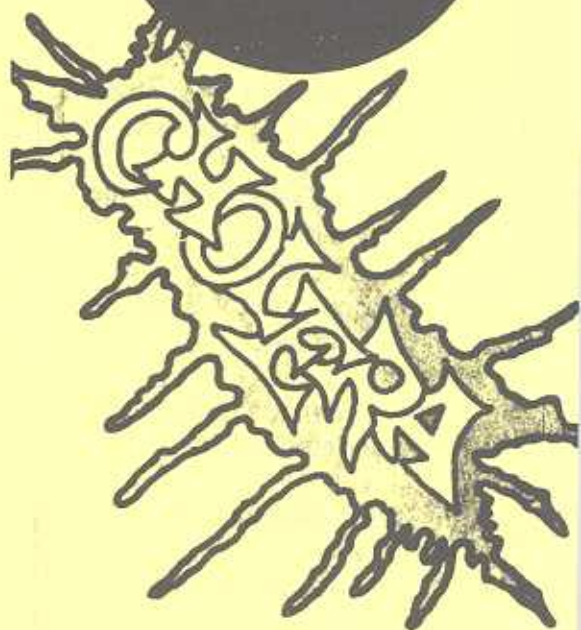
TOBAGO

—County Hospital,
639-2551

....or a Private Doctor.

Health Education Division
Ministry of Health
27, Frederick Street,
Port-of-Spain

help



HEALTH EDUCATION DIVISION
MINISTRY OF HEALTH
TRINIDAD AND TOBAGO

The spread of cholera in parts of South America threatens the Caribbean.

The disease starts with sudden diarrhoea and occasional vomiting that causes dehydration. You may become infected by drinking water and/or eating food that contains the cholera bacteria.

PROTECTION

1. Eat well cooked foods while still hot.
2. Buy foods that are protected from flies and roaches.
3. Drink boiled water or bottled/canned drinks.
4. Boiling water for 5 minutes makes it safe.
5. Use ice made from boiled or chlorinated water.
6. Breast-feed infants.
7. Use pasteurized milk.
8. Eat whole fruits that can be washed eg. Oranges, Mangoes, Bananas.

9. Avoid eating raw vegetables, eg. Cabbages, Lettuce Watercress.
10. Do not eat raw fish and shellfish, eg. Oysters, Shrimp, Conch (lambie), Lobster.
11. Wash hands with soap and water before eating and after using toilet.

If You Get Diarrhoea: Drink more fluids.

You may also drink a mixture of Oral Rehydration Salts (GESOL).

Follow instructions carefully.

GESOL is available at health centres or you may purchase it from a drug store.

Seek medical attention as soon as possible.