

# HSE BULLETIN

HEALTH . SAFETY . ENVIRONMENT

Volume 3  
May 2019 Edition

## EXTREME WEATHER VS. HEALTH



### What is Extreme Weather?

Meteorological phenomenon that is extreme during the history (distribution) especially that of having potential to cause catastrophes destroying the social structure of the community or fatalities due to impact of climate changes and global warming.

### What are categorized as the extreme weather?

Prolonged draught, intense heat waves, and frequent heavy downpours. Such conditions trigger multiple of environmental issues that will eventually create impacts on human health.

### What is the impact of extreme weather on human health?

- Bacteria and air related diseases, such as skin diseases due to fungi might occur more frequently. Indonesia with its tropical climate is a home for prolonged draught which is very favorable for the development of bacteria, virus, fungi and paracite due to high level of humidity during dry season. These microorganisms grow well and survive longer.
- Allergic diseases might get more intense. Warm air is a sign for flowers to pollinate. Generally people are allergic to small objects such as flower powder.



- It might affect the human respiratory system. During the dry season, the geothermal energy might increase continuously resulting in bush and forest fires. Smokes coming from the bush and forest fires shall create air pollution. In such condition, generally many cases of respiratory infections will be frequently found. Extreme temperature caused by the blazing sun can also make our skin burned.
- Heat / Sun stroke might also cause skin burns.

## How to avoid the impacts of extreme weather on our body?

The current weather condition that has changed extremely at many times has possibly made our body fails to adjust with the unfavorable conditions resulting in many of us getting sick. Extreme weather /climate change triggers cough, runny nose, fever, and flu. Therefore, to anticipate the extreme weather is get ourselves ready to face it. Below are some tips to face the extreme weather:

### Tips:

- Get some exercise regularly but do not force yourself when you feel unfit.
- Prevent yourself from getting flu, cough, cold, and fever by always having stock of some medicines at home that might be required to overcome symptoms such as cough, fever, headache.
- Have enough rest and avoid staying up late (all night).
- Consume healthy and nutritious foods.
- Reduce the consumption of fatty foods, such as fried foods, meals with coconut milk such as chicken curry.
- Take supplement of vitamins. Sometimes our intakes are not nutritious and therefore, vitamins are needed to balance the nutrients.
- Drink more water. Reduce drinking cold drinks and/or ice. Drinking of ambient temperature or warm water is healthier.
- Do not smoke or try to reduce smoking.
- Always wear nose mask and full face helmet when cycling or motoring for a long distance.
- Bring the necessary items at certain situations, such as an umbrella and raincoat during rainy weather. Such equipment will protect our clothes from raining. Damp/moist clothes might cause some diseases.



- Maintain cleanliness of the surrounding environment will eventually maintain our body to remain healthy. Taking shower and washing hands regularly will minimize bad germs stick to our skin.

## **T**o face cold weather/rain, there are some

### **preparations to make as follows:**

- a. Wear thick and warm outfits.
- b. Wear special shoes at home.
- c. Turn off fan and AC, so that our body will sweat.
- d. Drink hot beverages such as ginger drinks when your stomach is disturbed.
- e. Continue doing exercises and consuming healthy and nutritious foods.



## **T**o face heat stroke, there are some preparations to make as follows:

- a. Fulfill your body's fluid needs.
- b. Do not wait until you get thirsty to drink.
- c. Splash water onto your face.



## **S**uggestions:

- Acknowledge the weather and climate change at our work environment
- Be aware of your body's condition, avoid matters that will weaken your health
- Get prepared with medicines to prevent or cure the diseases triggered by extreme weather
- Keep your body fit and healthy by doing light exercises, consuming healthy and nutritious foods, minding the volume of water intake daily (make sure it is more than 2 litres per day), and maintaining cleanliness of your work environment.

### **Sources:**

1. Material from HSE Meeting Balikpapan Regarding Tips to keep our body fit, year of 2016
2. Education on BPBD Catastrophes, East Kalimantan Province, year of 2017