



**MINISTRY OF HEALTH,
WELLNESS AND THE
ENVIRONMENT**

**Ministerial Building, Kingstown,
Saint Vincent and the Grenadines**

PRESS RELEASE

FOR IMMEDIATE RELEASE
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Kingstown, St. Vincent and the Grenadines

WARMER THAN USUAL TEMPERATURES ARE ANTICIPATED

According to the United Nation, our planet has just experienced the hottest three months ever recorded. As unusual weather conditions associated with climate change can affect our health, it is important for us to take precautionary measures to protect ourselves and our families.

Warmer than usual temperatures are anticipated this weekend and throughout the hurricane season. The Ministry of Health, Wellness and the Environment would like to offer a few health reminders and tips:

1. **Stay hydrated** - The more we sweat the more water our bodies will need. Drinking water, coconut water and unsweetened beverages before you get thirsty can keep you ahead of the “low energy” feelings caused by dehydration.
2. **Avoid sweetened and sugary drinks** - like beers and sodas which can cause dehydration.
3. **Wear light colored loose-fitting preferably cotton clothing-** if your dress code permits. Dark synthetic clothing can absorb heat and make it harder for the body to stay cool.
4. **Keep doors and windows open where possible.** This would allow cooling breeze to flow in and hot air to rise out.
5. **Reduce outdoor physical activity** - including exercising during the hottest periods of the day. Plan your outdoor activities for the cooler time like early morning and late afternoon hours if possible.
6. **If you must go outside** - walk in the shade, use broad brimmed hats or umbrellas and apply sunscreen with Sun Protection Factor (SPF) of 50 or more.

The Ministry will continue to monitor the situation closely and update the public accordingly.

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