



Our Health & the Environment

On April 07, 2020, Guyana joined the rest of the world in celebrating World Health Day. This observance is usually spearheaded by the World Health Organization (WHO). It is a time to recognise the invaluable contributions our healthcare workers to the development of a healthy and productive society. The observance usually serves as an opportunity to focus worldwide attention on important aspects of global health. Undoubtedly, 2020 is a critical time for health care, as no one can ignore the tremendous pressure, the COVID 19 pandemic has placed on our health care systems and healthcare workers, battling at the forefront to save lives.

Follow the instructions

Remember your health is priceless and the healthcare professionals need your help to fight this pandemic, follow the recommendations to;

- Practice social distancing;
- Wash your hands properly and frequently;
- Use hand sanitizers;
- Cover your cough and sneeze; and
- Call the authorities if you are not feeling well and let them advise you.

Keep your environment clean

While you are at home, it is paramount that you maintain a clean and healthy environment:

- Clean and sanitize your vehicle and house;
- Clean your yards and drains;
- Reduce the amount of waste you generate by choosing reusable over disposal items;

- Start working on that kitchen garden;
- Get crafty and convert waste materials into artistic masterpieces; and
- Plant some flowers to beautify your yard.

Be considerate of others

While you are at home, you may want to entertain yourself or even work longer hours on projects. Kindly be considerate in your actions; remember both physical and mental health are important.

- **Keep the noise down!** – This is a time where we need to be sensitive and helpful. Many persons are working from home and have adapted to an environment with many distractions. Remember noise pollution is an offence.
 - Keep your noise within the confines of your home and do not disturb your neighbours.
 - Operation of heavy duty and noisy equipment should be within the regular daylight hours and within the 75 decibels limit during the day, for residential areas.
- **No burning!** – Please refrain from unauthorised burning of waste. It is both unhealthy and dangerous. Burning of waste can result in the release of highly toxic pollutants which include particulate matter, nitric oxides, dioxins and many other dangerous chemicals.

Remember to protect yourselves and others!

Sources

<https://nurseslabs.com/2020-year-of-the-nurse-and-the-midwife/#Why-focus-on-nurses-and-midwives>

<https://www.awarenessdays.com/awareness-days-calendar/world-health-day-2020/>

<https://www.who.int/news-room/fact-sheets/detail/nursing-and-midwifery>

You can share your ideas and questions by sending letters to: The Environmental Protection Agency, C/O Communications Department, Ganges Street, Sophia, GEORGETOWN, or email us at: eit.epaguyana@gmail.com or follow us on Facebook, Instagram and You Tube.