

Dominica Health-Climatic Bulletin

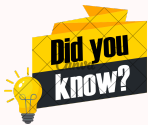
The Dominica Health-Climatic Bulletin offers an integrated overview of recent climate conditions, a three-month climate outlook, and the potential health implications for the upcoming three-month period. Produced jointly by the Dominica Meteorological Service and the Ministry of Health, Wellness and Social Services, the bulletin aims to inform and support the people of Dominica in managing climate-related health risks.



LOOKING BACK (FEBRUARY TO APRIL 2026) HEALTH RECAP

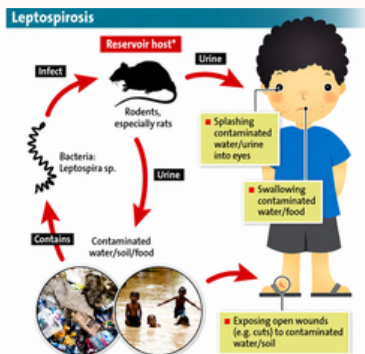
Zoonotic illness

A few suspected leptospirosis cases have been reported.



- Leptospirosis is a bacterial disease that can affect both humans and animals and is commonly transmitted through contact with water, soil, or food contaminated by the urine of infected animals such as rodents, dogs, pigs, and livestock.

- Infection can occur when the bacteria enters the body through cuts or abrasions in the skin or through the eyes, nose, or mouth.
- The risk of transmission is often heightened during periods of heavy rainfall and flooding, when contaminated water becomes more widespread.



Public health officials encourage the public to avoid contact with flood waters, stagnant water, mud, and soil that may be contaminated with animal urine; wear protective footwear, gloves, and appropriate clothing during cleanup activities; cover cuts and open wounds with waterproof dressings; practice proper hand hygiene after potential exposure; and seek prompt medical attention if symptoms such as fever, headache, muscle pain, red eyes, or jaundice develop following exposure.

Vector-borne Disease: Sporadic cases of suspected dengue fever was reported amongst the population. Increased rainfall and wetter-than-normal conditions created favourable environments for mosquito breeding and disease transmission. In response, the Environmental Health Department intensified vector control activities through its Mosquito Month campaign, targeting schools and communities with public education and source reduction initiatives aimed at eliminating mosquito breeding sites.

Well-Being and Mental Health

On April 26, 2026, heavy rainfall linked to a trough system caused flooding, landslides and damage to property in northeastern and eastern communities. These events presented significant risks to the psychological well-being of residents in the affected communities, who faced immediate displacement challenges and ongoing environmental hazards.

LOOKING BACK (FEBRUARY TO APRIL 2026) CLIMATE RECAP



Flooding in Antrizle (Apr 26th 2026)
Photo Credit: Social Media

Rainfall: Rainfall accumulation at Douglas-Charles and Canefield Airports was much higher than usual, exceeding typical ranges of 240.9–388.8mm and 119.2–193.0mm, respectively. The usual number of wet days (25 to 56 days) was observed. Devastating landslides and flooding that occurred in eastern and northeastern communities on April 26th resulted in loss of properties and access to some villages.

Temperature: Start of the heat season. Daytime highs were as usual (29°C to 37°C) while night-time lows were cooler than usual (21.9°C to 22.5°C) across the island. At Canefield, there was one (1) hot day in March and two (2) in April, when the daily high was greater than or equal to 32.9 °C.

CURRENT SEASONAL OUTLOOK: June to August 2026

Rainfall

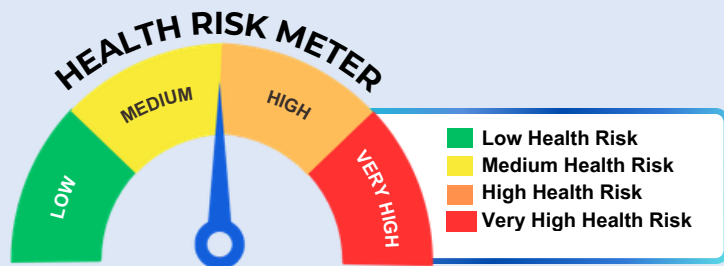
- The 2026 Atlantic Hurricane Season (June 1st – November 30th) is forecast to be less active than normal.
- Medium to high chance of less than usual to usual rainfall accumulations (usual: 400–800 mm along coastal regions).
- Roughly 39–62 wet days *possible* (≥ 1 mm rainfall), especially along the coast.
- About three to six 7-day wet spells are *possible*, with up to three being very wet.
- Flash flood potential is extremely high; about four to five excessive rainfall events (≥ 30 mm) which could trigger flooding are *possible*.
- At least three 7-day dry spells are *likely*; no drought concerns up to August at this time.

Temperature

- Night-time lows: Cooler than usual to usual in eastern communities; warmer than usual to usual in western communities (usual: 24–25°C).
- Daytime highs: Warmer than usual to usual conditions are *possible* (usual: 30–33°C).
- At least thirty hot spell days are possible ($\geq 31.5^\circ\text{C}$ at Douglas-Charles and $\geq 32.9^\circ\text{C}$ at Canefield).

Saharan dust activity typically increases during this season but cannot be predicted on a seasonal timescale.

What are the Health Implications for June to August 2026?



The Health Risk Meter provides an indication of the potential level of health risk associated with the three-month climate outlook. Respiratory illness, gastrointestinal illness, vector-borne illness, non-communicable diseases, and well-being and mental health are colour coded to indicate your potential exposure to these health risks.

RESPIRATORY ILLNESS

Advisory: Increased rainfall, flooding, humidity, fluctuating temperatures changes and occasional Saharan dust intrusions may increase respiratory infections, worsen asthma and other breathing conditions. and reduce air quality.

Preventive Measures: Practice good hand hygiene, keep indoor areas clean and well ventilated, limit outdoor activity during dusty conditions, wear a mask when needed, and avoid close contact with sick individuals.

VECTOR-BORNE ILLNESS

Advisory: Warmer temperatures, increased wet spells, and flooding may lead to a rise in vector-borne diseases such as dengue, chikungunya, and Zika, as well as an increased risk of leptospirosis due to exposure to contaminated water.

Preventive Measures: Store water safely and keep containers covered, remove stagnant water and breeding sites, use mosquito repellent and protective clothing, install window and door screens, and avoid contact with floodwaters and contaminated soil or water.

GASTROINTESTINAL ILLNESS

Advisory: An increase in gastroenteritis cases is possible due to contamination of water sources during periods of heavy rainfall and flash flooding.

Preventive Measures: Boil and treat drinking water, practice hand hygiene, sanitise surfaces and properly dispose of garbage.

NON-COMMUNICABLE DISEASES (NCDs)

Advisory: Elevated temperatures can exacerbate hypertension and heart disease as the risk of blood pressure spikes dramatically increases. Severe dehydration and heat exhaustion is also possible. The peak of the Saharan Dust season can also trigger exacerbation of asthma, bronchitis, and eye/throat irritation. Extended hot spells and heightened flash flood potential may increase anxiety, stress, and trauma.

Preventive Measures: Regular monitoring of vitals, medication adherence, and workplace adjustments for vulnerable groups. Maintain balanced diets, physical activity in cooler hours, and safe recreational outlets to mitigate heat-related inactivity and stress.

WELL-BEING AND MENTAL HEALTH


Advisory: Although the hurricane season is forecast to be below normal, one storm can still have serious impacts.


Preventive Measures: Review family emergency plan, know your shelter, restock supplies early, and stay updated with official alerts.


We welcome your feedback, questions or comments regarding this Bulletin.

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Your Health is Your Responsibility

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DISCLAIMER

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