



**PROGRAMME SUMMARY
REPORT**

Episode 22

Date: 29th December, 2021

Presenters: Nafisa Murtala Ahmad and Muhammad Adam Tudun Murtala

Discussion: Harmattan Season; Common Practice and their Adverse Effect

Discussants: Dr Shahida Labaran Faruq, Aminu Isyaku Aliyu and Maryam Ibrahim Idris.

PREMISE

Harmattan is a season in West Africa that occurs between the end of November and the middle of March. It is characterized by cold, dry, dust-laden wind. The temperature is cold in most places, but can also be hot in certain places, depending on local circumstances. As a result of the cold characteristics of this season in our locality, people tend to have some common which unknowing to them could have adverse effect on those practicing it and their homes.

ISSUES

Closing doors and windows to prevent the cold breeze from entering homes as one of such practices prevents ventilation that allow fresh oxygen into the house and encourages the multiplication of micrograms since they are thermophilic. Some put on room heater or charcoal to warm this house, this could cause fire outbreaks and accidental burning of children.

MORE ISSUES...

Furthermore, some suspend bathing for days in fear of the cold forgetting that not bathing makes one get body odour, worn out skin encourages growth of harmful microorganism on the skin and invariably makes one susceptible to diseases. Also, washing of clothes, bedsheets, curtains and blanket are abandoned in this season which makes an unhealthy living.

...MORE ISSUES.

It is therefore, advised that such this unhealthy common practices in the harmattan be abandoned for a healthier and happier living.

RECOMMENDATIONS

1. Doors and windows should be opened for a few hours each day to allow fresh air enter the house as well as ultraviolet ray of the sun to kill the microbes ready present.
2. Room heaters should be cleaned properly and taken for preventive maintenance at the onset of the season to prevent problems that could arise due to electricity failure while the charcoal should be kept out of reach of children and put out before going to bed.
3. Since the weather is unfavourable, individuals should endeavour to bath at least once a day and oil themselves to prevent damage and drying up of the skin.
4. Water for bathing should not be extremely hot because this is harmful especially for people that are hypertensive.
5. Oral hygiene should be maintained
6. Face masks should be used to prevent dust particles from going to nasal cavity.

Presenter and discussants hasken matasa

