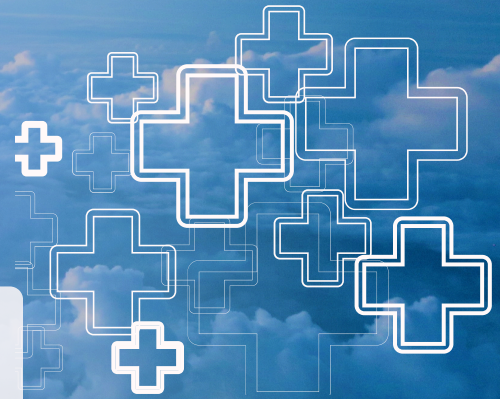


# Dominica Health-Climatic Bulletin

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.



## PREVIOUS SEASON (December 2025 to February 2026) HEALTH RECAP

### Gastroenteritis and Influenza

There was an increase in reported cases of gastroenteritis across the island, particularly among individuals aged 0-24 years. This rise may be associated with periods of heavy rainfall and the potential contamination of water sources.

A spike in influenza cases was also observed, particularly in February. This increase followed the carnival period and is plausibly linked to incoming visitors from colder regions where seasonal conditions facilitate influenza transmission.

To reduce the spread of disease, the Ministry of Health, Wellness and Social Services increased source reduction activities and expanded public education efforts island-wide, with a focus on reducing mosquito breeding sites and promoting effective public response.

### Vector-borne Illness

There was an increased risk of transmission of vector-borne illnesses due to wetter-than-usual conditions in the months from December to February. There were increased reports of suspected dengue cases, mainly in urban areas. The trend remained relatively constant throughout January and February.



Source reduction activities (top left to bottom right): beach cleanup, treatment of tires with larvicide and white goods collection.

Photo Credit: Environmental Health Department

### Well-Being and Mental Health

Damming of the Pichelin River on January 25th, created significant anxiety and fear among villagers downstream.

## PREVIOUS SEASON (December 2025 to February 2026) CLIMATE RECAP



Landslide in Pichelin (Jan 25<sup>th</sup> 2026)  
Photo Credit: Dominica Street News

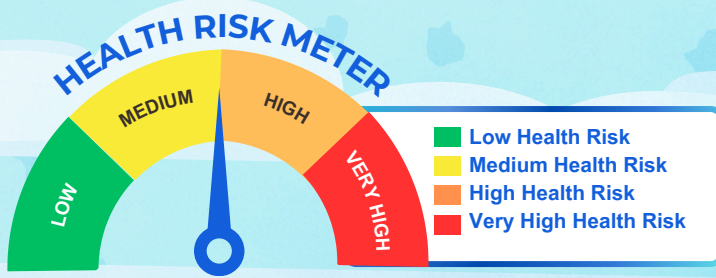
**Rainfall:** Rainfall accumulation at Douglas-Charles Airport was higher than usual (323.3 to 480.4mm), while rainfall at Canefield Airport was within the usual range (209.6 to 367.8mm). The usual number of wet days (38 to 52 days) was observed. A major landslide occurred in Pichelin on January 25<sup>th</sup>, during a wet spell that month, which dammed the river.

**Temperature:** Start of the cool season. Daytime highs were as usual (29°C to 30°C), while night-time lows were cooler than usual in the east (<22.2°C) and usual in the west (21.6°C to 22.0°C). There was only one hot day (daily high greater than or equal to 32.9 °C) at Canefield in December.

## CURRENT SEASONAL OUTLOOK: March to May 2026

- The latest forecast provides very little information about expected rainfall accumulations. Prepare for the usual dry-season conditions, with short-duration, low-intensity rainfall, typically 100–230 mm on the west coast and 290–530 mm on the east coast.
- For coastal locations, expect between 25 to 35 wet days in the west and 35 to 55 in the east.
- At least one to two excessive rainfall events are possible, which could trigger flash flooding (medium to high potential).
- At least four 7-day dry spells and one 15-day dry spell are possible (low confidence);
- Temperatures are expected to increase as we transition into the heat season (April to October); usual-to-warmer-than-usual temperatures are possible (low to medium confidence). (Usual ranges: daytime highs of 29–31°C and night-time lows of 22–23°C).

# What are the Health Implications for March to May 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 rate of respiratory illnesses is *likely* based on the temperature and rainfall outlooks, along with an increasing chance of bushfires and Saharan dust. *Moderate to severe* influxes of sargassum may contribute to poor air quality. Vulnerable groups, such as children, the elderly and pregnant women, should take necessary precautions.

**Preventive Measures:** Stay hydrated, avoid prolonged exposure to heat and outdoors, use protective clothing and face masks and practice hand hygiene.

## VECTOR-BORNE ILLNESS

**Advisory:** A *likely* increase in vector-borne illnesses due to warmer temperatures, increased wet spells and flooding.

**Preventive Measures:** Store water securely, cover drums properly, use screens on windows and doors, use mosquito repellents and/or protective clothing, avoid flood water, and remove old appliances and other containers in which mosquitoes may breed.

## GASTROINTESTINAL ILLNESS

**Advisory:** An increase in gastroenteritis is *likely* due to contamination of water sources during projected heavy rainfall and flash flood events.

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

## NON-COMMUNICABLE DISEASES (NCD)

**Advisory:** NCDs such as asthma, heart disease, diabetes, and hypertension may be affected by changing climate conditions. These are rising temperatures, unpredictable weather, and poor air quality, which may put direct pressure on your body's ability to manage chronic conditions.

**Preventive Measures:** Ensure frequent checks of glucose and blood pressure levels. Have at least one month's supply of medication and take as prescribed. Stay hydrated and seek medical attention immediately if shortness of breath, dizziness, or chest pain is experienced.

## WELL-BEING AND MENTAL HEALTH

**Advisory:** Heat is directly linked to increased aggression and irritability. Changing temperatures can affect sleep patterns which may trigger depression and anxiety.

**Preventive Measures:** Prioritize staying cool and well-rested to protect your mental well-being.

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

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## Your Health is Your Responsibility

This Bulletin was made possible through the generous support of the Intra-ACP Climate Services and Related Applications (ClimSA) Caribbean Programme in partnership with the European Union.

### DISCLAIMER

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