



GOOD HEALTH MATTERS

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- *Keep clear of damp indoors:*
- *Bathe twice a day.*
- *Take Vitamin C*
- *Avoid touching your eyes*

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- **Follow a healthy diet.**

This is the season where the body and especially the digestive system are most prone to infections.

- **Drink enough water.**

Regardless of your activity levels. Herbal teas with antibacterial properties are a good idea.

- **Avoid walking in the rain.**

As much as it is tempting, walking in rain water makes you prone to a host of viral diseases such as leptospirosis and can also cause numerous fungal infections at the feet and nails. Do not stay in wet socks or shoes.

- **Keep clear of damp indoors.**

Damp walls are home to fungus growth and an absolute no-no if you suffer from asthma or any other breathing problems. Don't leave home without a mosquito repellent.

- **Bathe twice a day.**

A shower as soon as you reach home in the evening will insulate you against infections caused by the build-up of sweat and dirt due to humidity.

- **Take Vitamin C** to boost your immunity.

- **Avoid touching your eyes:**

Eye infections like conjunctivitis, stye, dry eyes and corneal ulcers are common during the monsoons.



Common Monsoon Diseases

Every monsoon season, the risk of catching various diseases is extremely high due to unhygienic conditions and not adhering to basic preventive measures. Many of these monsoon diseases remain undiagnosed until they progress to undesirable complications. This is why early diagnosis and treatment of diseases in rainy season is important making the difference between life and death.

Here are some common diseases which are highly prevalent during this season that you should be aware about.

1. Viral Fever:

Sudden weather change often causes viral fever characterized by fatigue, chills, body aches and fever.



Foods that Boost Your Immune System:

- Button Mushrooms.
- Watermelon
- Wheat Germ
- Low - Fat Yoghurt
- Spinach
- Tea
- Sweet Potato
- Broccoli
- Garlic
- Chicken Soup
- Ginger
- Pomegranate Juice

The illness is contagious and spreads through infection droplets in the air or by coming into physical contact with infected secretions. General duration of a viral fever lasts from 3 to 7 days, with the severity of the fever being the highest in the first three days..

Preventive measures – One must ensure that they do not get wet in the rain or stay in wet clothes for a long period

Wash their hands often, Boost their immunity by eating Vitamin C rich foods and green leafy vegetables. They must also keep a distance from an infected person.

2.Typhoid: "Typhoid" is another waterborne bacterial infection caused by bacteria called Salmonella. This disease is caused by contaminated food or drinking food or water contaminated with the faeces of an infected person.

Symptoms of the diseases are prolonged high fever, severe abdomen pain, headache; vomits are common symptoms of this disease.

Preventive measures include providing clean drinking water, better sanitation, and better handwashing. See your doctor in case you develop such symptoms.

3.Dengue:

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. It is spread by what's known as the tiger mosquito and typically bites early in the morning or at dawn.

Symptoms include sudden high fever, swollen lymph nodes, headache, pain behind the eyes, exhaustion, and skin rash.

Preventive measures- As it's transmitted via mosquitoes, one should wear a strong insect repellent containing DEET to prevent getting bitten.

People should also wear full sleeve clothing when out in the day.

Any water accumulation should be avoided.

4. Malaria:

Malaria is a disease caused by a parasite. The parasite is transmitted to humans through the bites of infected mosquitoes.

Symptoms include Fever, Chills, Headache, Nausea and vomiting, Muscle pain and fatigue.

Preventive measures -Take an antimalarial drug as a precautionary measure in mosquito prone areas. Also take measures to prevent mosquito bites such as wearing full sleeve clothing. Application of anti-repellant mosquito creams and Electronic mosquito repellent devices can be used during the monsoon season to avoid mosquito's at home.

Accumulation of dirty water must be kept in check to prevent malaria mosquito breeding.

Insecticide-treated mosquito nets (ITNs) and indoor residual spraying (IRS) have been shown to be highly effective in preventing malaria in your neighborhood and can reduce breeding of mosquitos also.



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"The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet." ~Wayne Fields



Wonders of Wellness