

ADVISORY

For Immediate Publication

MONSOONS HAVE ARRIVED! STAY SAFE!

Monsoon showers are fun but keep yourself protected from illnesses

Key precautions advised by Fortis Healthcare

Noida, July 19, 2019: Each year, we all look forward to this season - the Monsoon, which brings with it relief from the summer heat. But the monsoon also brings with it, a range of infections and diseases. The warm, wet and humid weather is a breeding ground for mosquito-related illnesses, water-borne infections and viral infections are at their peak. All of us, especially, children and the elderly can be affected and need to take precautions at this time of the year.

Dr Ajay Agrawal, Director and Head, Dept of Internal Medicine, Fortis Hospital, Noida highlights key symptoms and suggests some necessary precautions to be taken during the monsoons:

MOSQUITO-BORNE DISEASES

Malaria kills thousands of people every monsoon. It is carried by the female *anopheles* mosquito.

- **Symptoms:**
 - Severe fever with chills, usually occurring within 72 hours of the bite
 - Body ache, sweating and cold-like symptoms
 - Diarrhoea, jaundice in some cases

Dengue fever is transmitted by *Aedes* mosquito infected with a dengue virus when it bites a person with dengue virus in their blood. It can't be spread directly from one person to another person.

- **Symptoms:**
 - High fever within four to seven days of the bite
 - Rashes on the body along with severe muscle and joint pain
 - Pain behind the eyes
 - Loss of appetite
 - Bleeding gums
- **Precautions against malaria and dengue:**
 - Wear full-sleeved clothes when leaving the house
 - Carry mosquito repellent
 - Avoid stagnation of water
 - Use insecticide-treated mosquito nets at night

WATER-BORNE DISEASES

Cholera is usually spread through food and water contaminated by human faeces.

- **Symptoms:**
 - Severe diarrhoea and effortless vomiting
 - Rapid weight loss and muscle cramps due to dehydration
 - Low blood pressure
 - Dry mucous membranes
 - Loss of skin elasticity

Typhoid Fever is caused by the ingestion of food or water contaminated by the bacteria *Salmonella typhi*.

- **Symptoms:**
 - Poor appetite and lethargy
 - Fever, as high as 104 degrees F
 - Abdominal pain
 - Diarrhoea or constipation
 - Headache
 - Generalised pains and aches

Hepatitis A (Jaundice) spreads through contaminated stool, food, water or close personal contact with the infected person.

- **Symptoms:**
 - Fatigue
 - Nausea
 - Jaundice, which leads to yellowing of skin or the eyes
 - Dark amber-coloured urine
 - Appetite Loss
 - Clay coloured faeces
- **Precautions:**
 - Avoid food or water which has a high probability of being contaminated
 - Maintaining strict personal hygiene
 - Store food/water in covered containers to protect it from flies
 - Ingest small quantities of ORS at short intervals to combat dehydration caused by diarrhoea.

VIRAL INFECTIONS

Flu:

- **Symptoms:**
 - Fatigue and body ache

- Running nose or nasal congestion
- Diarrhoea
- Cough or sore throat
- Burning sensation in eyes and skin rashes

Eye infection:

- **Symptoms:**
 - Gritty feeling in the eyes
 - Swollen eyelids
 - Irritation and Itching
 - Discharge from one or both eyes
 - Blood clots around the cornea

- **Precautions:**
 - Have a hygienic diet
 - Take plenty of liquids
 - Keep yourself clean and detect early signs of weakness
 - Avoid contact with infected person
 - Make sure you wash your hands thoroughly

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centers.

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