

MONSOON ALERT

Protect Yourself from Fever Season Diseases



Welcome the Rains, Not the Pains:

Stay Safe This Monsoon Season!

While the monsoons bring much-needed relief from the summer heat, they also usher in a period of heightened health risks in India. The increased moisture and stagnant water create ideal breeding grounds for disease-causing organisms, leading to a surge in infectious diseases.



ROTARY CLUB OF CHIKHLI RIVER FRONT

Rtn Hassan Mayet, Co-ordinator-Sickle Cell (RID 3060 -2024-25)

Know Your Monsoon illnesses



The monsoon season might seem like a respite after the scorching summer heat, but it is also the time when several diseases are on the rise. In India, the monsoon season arrives in the month of June and lasts till September. It refreshes everyone, but the weather remains humid and it is ideal for germs to flourish and a perfect breeding time for mosquitoes.

Deadly diseases like Malaria, Dengue, Chikungunya and Typhoid are common diseases during the rainy season and almost all of these present with a few common symptoms like fever, weakness and body ache.



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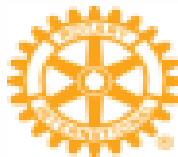


DENGUE – Every year in India, many people die due to dengue. There are 1,64,103 dengue cases reported in 2021. It is spread by the female Aedes mosquitoes and they usually bite during the daytime or before dusk. The symptoms of this disease include high fever followed by body aches. The affected individual may also experience excessive sweating and headaches, pain behind the eyes, nausea, vomiting, fatigue, rashes, mild bleeding and low blood pressure. In severe cases, there may be less urination and breathlessness in the patients. There is a risk of a drop in platelet count during dengue which can prove fatal if not addressed timely.



Dengue:

A viral infection caused by the Aedes mosquito. Symptoms include high fever, severe headache, joint and muscle pain.



Know Your Monsoon illnesses



CHIKUNGUNYA – This particular disease in the rainy season is also spread by mosquitoes. These mosquitoes are usually found in overhead tanks, coolers, plants and water pipes. This infectious disease is also carried by the tiger mosquito, Aedes. A chikungunya patient experiences symptoms like acute joint pain, high fever, fatigue and body chills. Certain complications of the disease include inflammation of the retina, heart muscle, liver, kidneys and more.



SYMPTOMS OF CHIKUNGUNYA

 <p>Rash</p>	 <p>Back Pain</p>	 <p>Joint Pain</p>	 <p>Vomiting</p>
 <p>Nausea</p>	 <p>Headache</p>	 <p>Chills</p>	 <p>Fever</p>



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Malaria:

A parasitic infection caused by the bite of infected female Anopheles mosquitoes.

Symptoms include high fever, chills, headache, body aches, and fatigue.



MALARIA - This disease in monsoon is caused by mosquitoes as well. Water clogging during the rainy season is a major breeding ground for mosquitoes. The symptoms of this disease are high fever, shivering and body chills, excess sweating and severe anaemia. It is important to address these symptoms and get proper treatment. Otherwise, it may cause health complications like cerebral malaria, which leads to death among malaria patients, seizures, renal failure, jaundice and respiratory disorders may also occur.



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Typhoid:

A bacterial infection caused by Salmonella Typhi bacteria that spreads through contaminated

food or water. Symptoms include high fever, headache, abdominal pain, diarrhoea, loss of appetite, and weakness.

TYPHOID – It is one of the highly infectious monsoon-related diseases. It is caused due to contaminated food and water and the symptoms include prolonged high fever, weakness, abdominal pain, reduced appetite and others. Without proper treatment, there may be several complications in typhoid fever.

Typhoid

Typhoid or Typhoid fever, also called enteric fever, is a potentially fatal infection caused by the bacteria Salmonella typhi (Enterobacteriaceae family). The typhoid fever is very contagious and can spread through the infected person's faeces or, less frequently, through urine. Typhoid affects around 2.6 crore people each year, resulting in 2,15,000 deaths worldwide.

Children are especially vulnerable to typhoid in places with insufficient access to safe drinking water and sanitation.

Causes, Stages, Symptoms, Complications, Risk factors, Diagnosis, Treatment & Prevention



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Seasonal influenza

Information for children

Source of infection Direct contact with a person with influenza. It is an airborne disease and transmission occurs through droplets which spread through coughing, sneezing or talking to an infected person.


Risk & prevention Children have a high risk of catching seasonal influenza during the winter season. They can protect themselves by:

- Washing hands regularly
- Avoiding touching face with unclean hands
- Wearing mask
- Sneezing and coughing in bent elbow
- Disposing of used tissues
- Keeping a safe distance
- Avoiding crowded and non-ventilated places

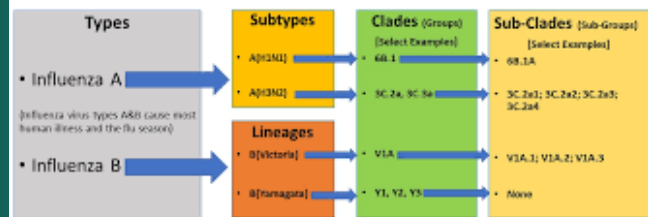
Symptoms

- High Fever
- Runny nose
- Headaches
- Cough
- Muscle and joint pain

Actions to take in case of symptoms: If you think that you have influenza, inform your teacher and put on a mask. Visit your nearest health facility and follow the medical advice of your doctor.



Human Seasonal Influenza Viruses



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SYMPTOMS

- SORE THROAT
- RUNNY NOSE
- MUSCLE ACHES
- EAR PAIN
- HEADACHE
- FEVER
- LOSS OF APPETITE
- COUGH
- RED SWOLLEN EYES

TREATMENT

- REST
- FLUIDS
- OTC PAIN RELIEVERS
- ANTIBIOTICS

Influenza इन्फ्लूएंजा

Viruses (जراثम)

Time Period and Cause (काल और कारण)

Symptoms (लक्षण)

Prevention (प्रावधान)



INFLUENZA – The sudden change in weather and fluctuation in temperature can cause influenza. This is a viral infection that can spread from one person to another. The symptoms of this disease include fever, muscle aches, sore throat, nasal congestion and dry, persistent cough. The disease can worsen if left untreated. It may cause pneumonia and trigger other chronic medical conditions such as asthma, diabetes and heart disease.



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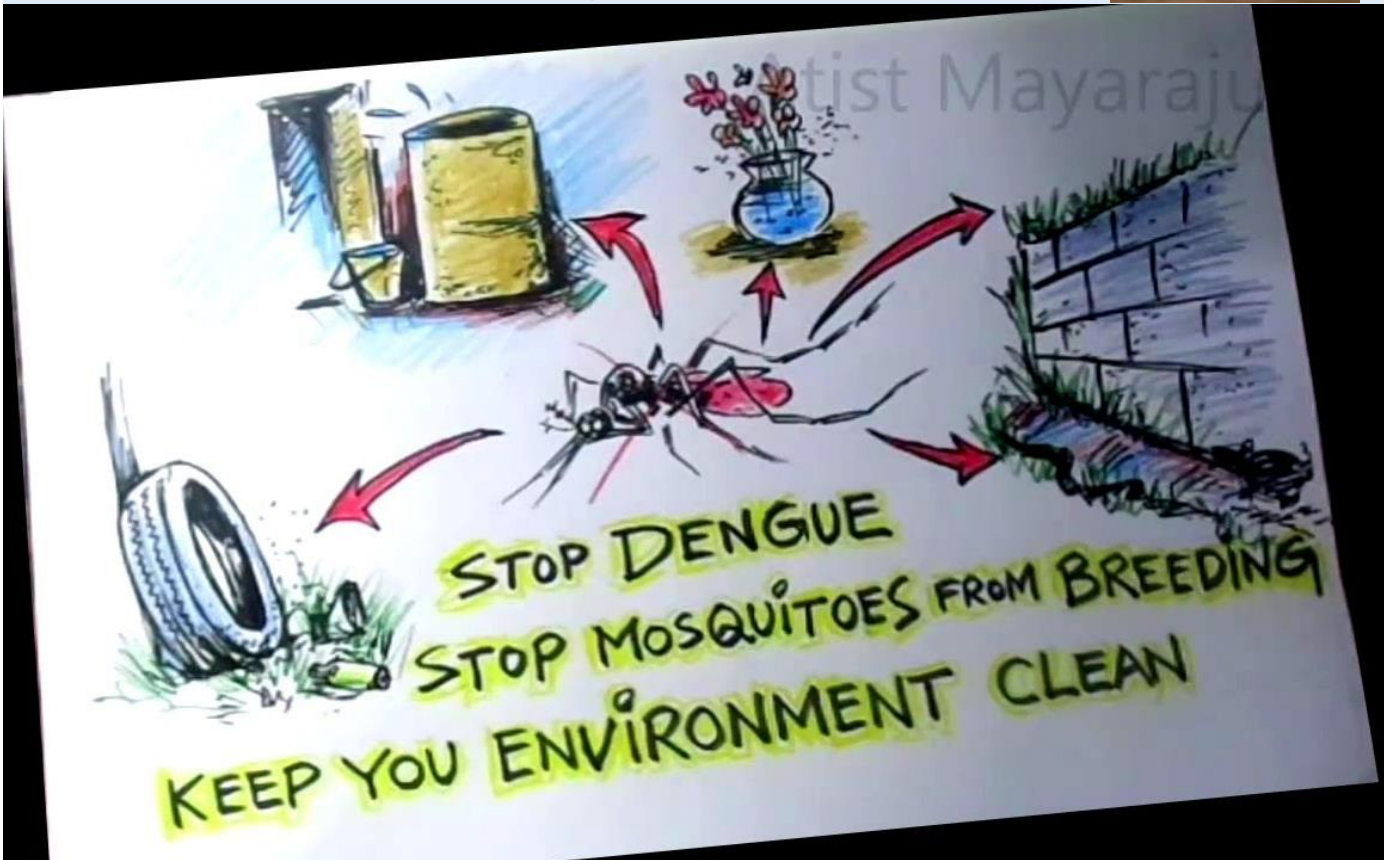
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There are several other monsoon illnesses that occur during the monsoon season, including diarrhoea, due to drinking contaminated water or food, which causes fever. The deadly Chandipura Virus is also deadly especially to infants and children. So, this monsoon season, you must be well prepared to protect yourself against these health problems. There is a need for extra care and awareness during the rainy season.

Mosquito borne illnesses are preventable by mosquito nets, while influenza can be prevented by taking yearly Influenza vaccine shot 1 month before rainy season.



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Diarrhea



Viral Fever



Malaria



Dengue



Influenza



10 Common Monsoon Diseases



Stomach Flu



Leptospirosis



Chikungunya



Cholera

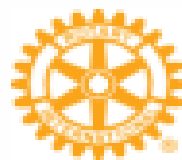


Typhoid

How to save yourself from fever during the rainy season?

In the rainy season, the risk of infection and fever is more common and our immune system must be boosted to fight these diseases. Here are a few tips to follow in order to prevent these diseases during the rainy season:

- Make sure that you and your family members are vaccinated.
- Eat more nutritious food and avoid consuming junk food.
- Stay hydrated and drink warm and clean water.
- Take vitamins to keep your immune function on point.
- Wash hands frequently and maintains personal hygiene.
- Keep your surroundings clean and destroy the breeding grounds for mosquitoes.
- Using a mosquito repellent, mosquito net and protective clothing are a must.
- Wear a mask while stepping out to avoid the spread of infectious diseases such as flu and cough.



Know Your Monsoon illnesses



Diarrhea



Viral Fever



Malaria



Dengue



Influenza



10 Common Monsoon Diseases



Stomach Flu



Leptospirosis



Chikungunya



Cholera



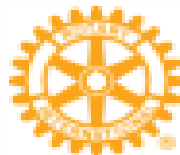
Typhoid



MOST COMMON MONSOON DISEASES & THEIR PREVENTION

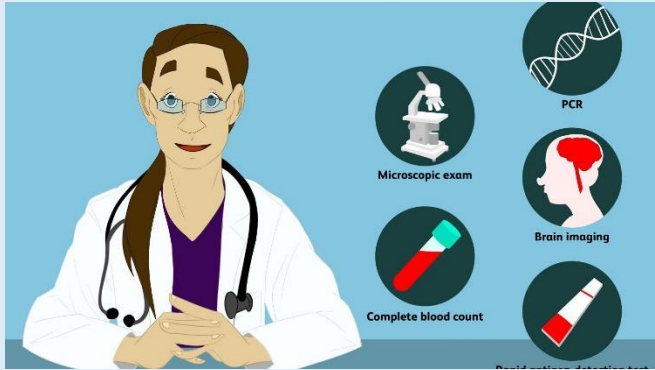


CHOLERA <ul style="list-style-type: none">Preventive measures include providing clean drinking water, better sanitation, and better handwashing	DENGUE <ul style="list-style-type: none">People should also wear full sleeve clothing when out in the day.It is important to remember that the dengue mosquito usually bites only in the day time and breeds in clean, fresh water. So any water accumulation should be avoided.
TYPHOID <ul style="list-style-type: none">Preventive measures include providing clean drinking water, better sanitation, and better handwashing	VIRAL FEVER <ul style="list-style-type: none">One must ensure that they do not get wet in the rain or stay in wet clothes for a long periodWash 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.
INFLUENZA (COLD & FLU) <ul style="list-style-type: none">The best way to prevent common cold is to have a healthy, balanced and nutritious diet regular which will develop the immune system of the body and improves the body resistance.	



PATHOLOGY LABORATORY TEST SUGGESTION

If you encounter severe stomach ache, with nausea, vomiting and diarrhoea during monsoon without any factors related to food, this should be suspicion of consumption of unclean water which is commonly known to cause bacterial diarrhoea and associated illnesses during monsoon.



PATHOLOGY LABORATORY TEST that includes Complete Blood Count / Hemogram (CBC), Platelet Count, Total Leucocytes (WBC) Count, Absolute Basophil Count (ABC), Monocytes, Haemoglobin (Hb), Dengue NS 1 Antigen, Malarial Antigen Test and more. These tests are usually advised by doctors to detect the cause of fever.



LASTLY: During the rainy season, we are at an increased risk of exposure to infections and illnesses that cause fever. Several viruses and bacteria multiply and infect humans during this season. This may interrupt and affect your daily activities to a large extent.

It is important to know what illnesses commonly attack during the monsoon in India and how to prevent them. As soon as you notice any of the above-mentioned symptoms, **consult the doctor** and get yourself tested to avoid further health complications.



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