

Measures for protection from Health hazards during monsoon

In tropical countries like India, June to September is 'monsoon season'. Rainy season is the perfect breeding ground for micro-organisms as well as vectors and weakens the immune system that makes people vulnerable to disease. Monsoon is the time when rain water mixes with sewage, soil and overflowing of ground water can contaminate drinking water sources. Diseases related to monsoon are as follows

1. Water borne diseases: gastroenteritis, typhoid, diarrhoea, hepatitis A & E, cholera
2. Vector borne diseases: Malaria, dengue, chickungunya
3. Exposure to rain: viral fever, respiratory tract infections, leptospirosis, allergic cold, skin allergies & asthma aggravation
4. Others: road traffic accidents, drowning & electrocution in case of flooding.

Prevention of monsoon related diseases

Primary prevention

1. **Prevention of water borne disease:** Preferably drink boiled water. If boiling of water is not possible then drink chlorinated water by adding chlorine tablets or chlorine drops. Wash and cook food properly, avoid street food in rainy season and keep surrounding clean to prevent breeding of flies & rodents.



2. **Prevention of flu and cold:** avoid crowded place, cover mouth and nose while sneezing and coughing, minimize contact with other people and inanimate objects.

3. **Prevention of vector borne diseases:** collection of water is a potential breeding place, so all artificial collected water should cover water drums & water tanks all the time to prevent mosquito from breeding, replace water in flower vases once a week, clean all the water container and scrub it well to remove eggs of mosquito sticking to the sides of container, prevent and drain stagnant collected water.



4. **Vaccination of typhoid, cholera and Influenza can be advised in affording community.**
5. **Prevention of Leptospirosis:** avoid wading and playing in flood water, use boots and gloves while going in flood/waters, avoid collection of water and drain potentially contaminated water, maintain cleanliness, chemoprophylaxis is a valuable preventive measure (doxycycline 100 mg OD).

Secondary prevention



For any illness early diagnosis and treatment can prevent further complication of disease as well as spread to other individuals. Surveillance system should be strengthened to detect cases as well as spread of diseases in community. Surveillance should include active & passive surveillance.

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