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Travel to India begins growing in October after the main monsoon season has ended. However, without the monsoon rain to cool things down, many places in India can be very hot and dry in October - often hotter than the summer months of April and May. The dramatic change in the weather after the monsoon results in a series of health concerns that visitors should be aware of. Here are the top five post-monsoon diseases in India. It is important to learn how to distinguish malaria, dengue, and viral fever and all the distinctive symptoms. Also, follow these monsoon health tips to avoid the patient. 01/05 Dengue fever is a viral infection carried by mosquitoes and causes fever, physical pain, joint pain and rash. It spreads the so-called tiger mosquito (Aedes Aegypti), which has black and yellow stripes and typically bites in the early morning or dawn. These mosquitoes are also known to spread the Chikungunya fever virus. Dengue is the most common in India in the few months after the monsoon, but also occurs during the monsoon season. Preventive measures: Unfortunately, there is no drug available to prevent the virus. Since it spreads through mosquitoes, wear a strong insect repellent that contains DEET to prevent bites. Do not wear perfume and aftershave, and dress in light-colored loose clothing. Although dengue fever usually resolves on its own, if you don't get it, you may be hospitalized depending on how severe it is. It is important for the doctor to observe it until it heals, since dengue fever reduces the number of platelets in the body. Platelet counts below 20,000 increase the risk of bleeding complications. 02 to 05 malaria is another mosquito-borne disease that is common during and after the monsoon, when mosquitoes have a chance to breed in stagnant water. It is a protozoal infection transmitted by the bite of the female anopheline mosquito, which is mostly active at night. The more severe falciparum strain of malaria is most prevalent spread after the monsoon. Preventive measures: Take an antimalarial drug such as mefloquine, atovaquon/Proguanil, or doxycycline. This is not necessary in all areas of India though, as some places are more prone to malaria outbreaks than others. For example, the desert state of Rajasthan is considered to be low risk in regards to malaria. Many travelers do not bother with drugs, as they can cause side effects, but take measures to prevent mosquito bites. However, it's a good idea to check the current news for the latest information on outbreaks and decide what to do accordingly. 03 to 05 Viral fever is fairly common in India during changes in the weather. It is characterized by fatigue, chills, body pain, and fever. The disease usually spreads through the air by touching drops of infected people or infected secretions. It lasts three to seven days, the fever is the bravest for the first three days. Respiratory symptoms usually develop later and can cause coughing and, in severe cases, pneumonia. Preventive measures: Unfortunately, viral fever spreads easily and is difficult to prevent. Medications are available to treat symptoms and control side effects if necessary, and it's a good idea to see a doctor if you get a viral fever. 04 to 05 Dehydration and heat exhaustion are big issues during the warm weather in India, especially for children. Symptoms include lack of urination, lethargy, fatigue, and headaches. Skin rashes, caused by excessive sweating, are also a concern. Preventive measures: Drink plenty of water (and popular Indian lemon water - nimbu pani) and take oral rehydrating salts. Alternatively, add half a teaspoon of salt and 3 teaspoons of sugar to 1 liter of water. Avoid drinking cold soft drinks containing preservatives. Also be aware that air conditioners can encourage dehydration by drying out your system. Take a bath at least twice a day to remove sweat from the skin and keep your body cool. Apply talcum powder to the rash areas. Continue to number 5/5. 5/05 Many trees begin pollinating during the September-October period in India, triggering seasonal allergies among humans. Common symptoms include inflammation of the lining of the nose and eyes. Allergic bronchitis, which affects the lung area and can cause breathing problems, can also be a problem. Preventive measures: Symptoms of allergy can be treated to some extent by taking anti-allergy and antihistamine drugs. Those who suffer from asthma always carry the inhaler. Since India is a developing nation, visitors should take special precautions against diseases at home. The trip to a doctor or travel clinic is recommended well before the departure date in order to receive all necessary vaccinations and medications. In particular, the following common health issues need to be addressed. 01/07 This very common travel sickness meets many travellers and usually results from the consumption of contaminated food and water. Some people also find that their stomach and intestines are not appreciated for a change in diet or spicy foods. It's a good idea to always carry oral rehydrating salts as well as anti-diarrhea medication (such as Imodium) in case you need to travel and not have access to the toilet. Preventive measures: Drink only bottled water. Avoid buffets and just eat freshly cooked food that is served warm. Eat in popular restaurants that are crowded and not empty so that the food is freshly prepared. Be careful with the consumption of washed salads, fresh juice (which can be mixed with water) and ice. Carnivores should avoid food from cheap restaurants and train station vendors. 7/2 Both diseases are spread by mosquitoes and are most problematic in areas where multiply, especially in the and immediately after the monsoon season. They can cause very nasty flu-like symptoms and fever. The mosquitoes that transmit diseases are of different types: malaria carriers also usually bite at night, while dengue fever carrying tiger striped mosquitoes bites during the day (especially in the very early hours of the morning). Preventive measures: Since malaria is a protozoa infection, antimalarial drugs can be prevented with necessary drugs. Unfortunately, these powerful drugs also have some nasty side effects. Therefore, it is really only necessary to take them if you will be traveling to a malaria prone area. In most places in India, there is a low risk of contracting the disease unless there is a widespread epidemic during the monsoon season. It's better to protect yourself with mosquito repellent. Dengue fever, being a virus, is best avoided by taking precautions against mosquito bites, such as wearing a strong alarm containing DEET, as no vaccine is currently available. Read more: How to determine the difference between malaria, Dengue, and viral fever 03 to 07 Hepatitis is a virus that affects the liver. Hepatitis A is contracted for ingestion of contaminated food and water, while Hepatitis B spreads to blood and bodily liquids. Symptoms of hepatitis include fatigue, nausea, poor appetite, abdominal pain, dark urine, and yellow skin or eyes (jaundice). Preventive measures: Both hepatitis A and B can be prevented by combined needle-stick vaccination. 04/07 This bacterial disease usually spreads by food or water contaminated with the feces of an infected person. It produces extremely high fever, sweating, vomiting, and diarrhea. Preventive measures: Typhus can be prevented by oral or needle inoculation and treated with antibiotics. Continue to 5 out of 7 below. 05 to 07 Tetanus is a bacterial disease of spores of the earth and animal manure, which enters the body through open cuts. It causes stiff muscles and cramps. Preventive measures: Effective vaccination is available and everyone should be immunised. 7/6 Rabies does not exist in India and there is a chance that it may have been bitten by a stray dog or one of the herds of monkeys that roams tourists' places (such as Rishikesh). Monkeys often steal food from humans and sometimes attack. Rabies is a fatal viral infection that's transmitted through saliva and humans can get it from an infected animal bite or licking. The disease affects the nervous system, causing hallucinations and aggression. The incubation period in people, before they start showing symptoms, varies greatly. Usually, it moves anywhere between three weeks and two months. However, less often symptoms can begin within a week. Wounds to the head, neck, or hands have a higher risk of infection reaching the brain faster. The first signs of the disease are similar to the flu - fever, headache and general weakness. Unfortunately, death is inevitable when symptoms begin to appear. Preventive Rabies can be prevented if you receive a full vaccination. There are two options: pre-exposure and post-exposure. The pre-exposure vaccination consists of a series of three injections, followed by two additional booster doses if bitten. After exposure, four injections are required for vaccination. A shot of Rabies Immune Globulin is also sometimes given. If you have been bitten but have not been vaccinated, it is important to wash the wound immediately for at least 15 minutes and seek medical treatment. If you are vaccinated after exposure before the onset of symptoms, it effectively prevents the development of the disease. 7/07 Cholera is relatively rare in India and the risk of death is low, although occasionally limited outbreaks occur. The classic symptom is fertile watery diarrhea, which lasts a few days, which is caused by a bacterial infection in the intestine. It's transmitted by food or water contaminated with human feces that contains bacteria. However, most travelers don't venture into areas where there is active cholera transfer. Preventive measures: The best way to prevent cholera is to drink only bottled water and eat well-cooked foods in hygienic places. In addition, regularly disinfect your hands. The disease is treated primarily with oral rehydration and antibiotics, which can shorten its duration. The vaccine is available, but it is generally not recommended. Recommended.

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