



**DAY PUBLIC SCHOOL SECTOR -14 GURUGRAM**  
**"DAY WELLNESS"**  
**MONTHLY HEALTH NEWSLETTER ( JULY-2018)**

Dear Students,

Welcome back after the summer vacations .

The onset of the monsoon spells a welcome relief from the sweltering summer. It is that time of the year again when the humidity and temperature are ideal for spread of viral diseases and most of us are down with flu.

With changing seasons, the menace of mosquitoes rises. They carry viruses which cause diseases like Dengue, Malaria, Chikungunya & some other common diseases like viral fever, common cold, typhoid, conjunctivitis, skin infection and hepatitis.

**Mosquito borne diseases--**

**DENGUE**

Vector- Female Aedes Aegypti mosquitoes

**Symptoms** - High fever, Pain in the eye, skin rash, mild bleeding (nose gums), low blood pressure, stomach ache, continuous vomiting, frequent thirst, joints and muscles pain.

**Dengue Haemorrhagic Fever** - Can be fatal; drop in platelet count; bleeding from nose and gums.

**MALARIA**

Vector- Female Anopheles mosquitoes

**Symptoms**- Headache, chills, high fever.

**CHIKUNGUNYA**

Vector- Female Aedes Aegypti

**Symptoms**- Nausea, vomiting, chills, joint pain, and joint inflammation, severe fatigue and leg swelling which can last for months.

**PREVENTION OF MOSQUITO BREEDING AT TWO LEVELS**

**Personal Level--**

- Wear full sleeved clothes and long dresses that cover arms and legs during the epidemic season to prevent mosquito bites.
- Use mosquito repellent cream or net at home.
- Use mesh door/ window mosquito coils, vapour mats etc. to keep mosquitoes away.
- Dispose off unused broken tyres, pots, bottles etc.
- Ensure there is no source of mosquito breeding in and around your home or work place.
- Dry all desert coolers and containers at home, office, factories, schools etc, once a week. Add two tablespoons of petrol/kerosene oil in them if they can not be dried weekly

### Community level--

- Do not let water stagnate anywhere.
- Keep your surroundings clean.
- Use weakly anti larval methods in and around construction sites where there is water collection.

### What to do when one has high fever this season ?

Normally, most of the viral fevers are largely harmless and abate after a week or so. In case high grade fever continues for more than 24 hours or you have symptoms like pain behind the eyes, skin rashes, mild bleeding, severe headache, low BP, stomach ache, continuous vomiting, frequent thirst, make sure to consult a doctor. Avoid taking pain killers.

### Rainy season tips-

- Before stepping out of home, dab on a little mustard oil in each nostril with finger.
- Make sure you wash all the fruits and vegetables thoroughly before eating.
- Avoid fried food or cut fruits sold in the open.
- Avoid crowded places. Most viral infections are spread by inhalation, by taking contaminated water or food and through direct contact.
- Do not share your clothes or toiletries with others.
- Drink at least 10-12 glasses of water every day.
- Do not undertake any intensive diet plans during this season.
- Make sure that your stomach stays clean and you don't suffer from constipation.

