

Make this Monsoon Season SAFE for your CHILDREN... !!




(Prevent : Malaria, Dengue Fever, Hepatitis,
Acute Gastroenteritis, Cholera & H1N1 Influenza – Swine Flu)

Malaria & Dengue Fever

- ◆ Outbreaks of Malaria including the severe forms of Malaria and Dengue Fever are common during the monsoons. Spread of these two diseases occurs through mosquito bite.
- ◆ Measures to prevent mosquito bites (personal protection, use of repellants, prevention of stagnant water in and around the premises) are effective and minimize risk of transmission.
- ◆ Malaria and Dengue Fever do not spread from person to person through close contact! Spread is through mosquito bites.


Recognition : Fever of high grade, body aches, headaches, rashes

 **Bring your Child / Children to our Hospital if:** Fever is more than 102 F, occurring more than twice in 24 hours, the child looks weak and tired, is unable to drink or eat normally...

Hepatitis, Acute Gastroenteritis & Cholera

- ◆ Infections of the Liver and Gastroenteritis including cholera are spread through the consumption of contaminated food and drinking water and through improper cooking hygiene.
- ◆ Prevent these diseases by being careful of where you eat when not at home! Ensure there is proper hygiene and consume only hot and freshly cooked food and clean drinking water. Boiling drinking water prior to consumption prevents spread of these diseases.
- ◆ Follow meticulous hand hygiene everytime you use the toilet with proper handwashing using soap and water.


Recognition : Fever, vomiting, loose motions (watery in cholera), jaundice, yellow colored urine

 **Bring your child / children to our Hospital :** If fever is of high grade, the vomiting and loose motions is severe (occurring more than 4 times a day, your child looks tired and weak and is refusing to drink water and fluids and eat, develops jaundice.

H1N1 Influenza – Swine Flu

- ◆ **DO NOT PANIC** over the current media frenzy about the H1N1 infection / deaths
- ◆ There is **no evidence** that H1N1 infection / deaths anywhere in India are **more severe** or **more fatal** than with seasonal influenza which we experience every year.
- ◆ The **most effective way** to minimize the risk of infection and limit the spread of the virus is to practice effective **personal hygiene**.
- ◆ **Contain the virus** by limiting the contact of infected persons with those not infected
- ◆ **Pregnant women** and **young children** need to be **more cautious**. Those with **pre-existing heart disease**, or **long standing lung conditions**, or those with **immunodeficiency of any kind** (HIV patients, those on steroids for extended periods of time for any medical condition, Tuberculosis, etc) need to be **extra cautious** as they are likely to suffer from **more serious illness**!

Recognition : Fever, cough with severe cold, watery runny eyes and nose, breathing difficulty or persistent cough, vomiting and or loose stools

 **Bring your child / children to our Hospital if :** The fever is not settling after three days, is of high grade type, the cough is persistent with breathing difficulty or breathlessness, your child is refusing to eat or drink and looks weak....

Prepared in the interest of children's health

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