

Symptoms

- High fever
- Severe headaches
- Pain behind the eyes
- Severe joint and muscle pain
- Fatigue
- Nausea
- Vomiting
- Skin rash, which appears two to five days after the onset of fever
- Mild bleeding (such a nose bleed, bleeding gums, or easy bruising)

Prevention

- Cover water drums and water pails at all times to prevent mosquitoes from breeding
- Replace water in flower vases once a week
- Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides
- Clean gutters of leaves and debris so that rainwater will not collect as breeding places of mosquitoes
- Puncture or cut old tires used as roof support to avoid accumulation of water
- Collect and dispose all unusable tin cans, jars, bottles, and other items that can collect and hold water.

To know more about Microorganisms, visit our website:
<http://dzumervis.nic.in/>

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The Common Rainy Season Diseases



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Rainy Season Diseases

Here are the signs and some prevention tips

Rainy season comes with lot of fun, excitement and along with it there are host of infections that are prevalent during this season. People should be aware of these problems so that they can take necessary precautions during this season. The most common illness are related to food, water and respiratory system borne diseases.

Cold and flu are **common illness** that is found in rainy season and this is usually due to fluctuation in the temperature. If you are a student, a working citizen or a mom, you need to protect yourself from these illnesses and prevent from getting sick.

When rain starts pouring in, you first look for a shelter and try to save yourself from getting drenched. However, a shelter can save you from getting wet in rain but it will not protect you from catching any kind of infection. This is especially when your immune system is very poor.

CHOLERA

An acute intestinal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholerae*. People who eat food or drink water contaminated by this bacteria have a high chance of getting infected.

Symptoms

- Sudden onset of frequent, painless watery stools
- Vomiting
- Rapid dehydration (sunken eyeballs, wrinkled and dry skin)

Prevention

- Drink safe and clean water in plenty
 - If unsure, boil drinking water (upon reaching boiling point, extend boiling for 3 or more minutes).
- Keep food away from insects and rats by covering it
- Wash and cook food items properly
- Dispose of human waste properly
- Use the toilet properly and clean it every day. Wash hands

with soap and water after using the toilet and before eating.

- Keep surroundings clean to prevent flies, other insects and rodents from breeding

TYPHOID FEVER

An infectious disease, also known as enteric fever or just typhoid, that spreads through contaminated food and water or through close contact with someone who is infected.

Symptoms

- Sustained high fever
- Headache
- Malaise
- Anorexia (loss of appetite)
- Either diarrhea or constipation
- Abdominal discomfort

Prevention

- Avoid drinking untreated water
- Boil water for drinking (upon reaching boiling point, extend boiling for 2 or more minutes)
- Cook food well and always cover food to prevent contamination from flies and other insects
- Avoid eating unsanitary street-vended foods. Wash hands with soap and water after using the toilet and before eating.
- Keep surroundings clean to prevent breeding of flies
- Get immunized with WHO pre-qualified oral injectable vaccines

INFLUENZA

A viral infection that attacks the respiratory system. It is transmitted through contact with a person who coughs or sneezes, or with surfaces, material and clothing contaminated with the discharges of an infected person.

Young children, the elderly, pregnant women, and people who have weakened immune system are at risk to this disease.

Symptoms

- Fever of at least 38°C
- Headache
- Running nose
- Sore throat
- Cough
- Muscle or joint pains

Prevention

- Avoid crowded places
- Cover mouth and nose when sneezing or coughing
- Wash hands frequently
- Annual flu vaccine
- Minimize contact and distance yourself by at least 1 meter from infected people

LEPTOSPIROSIS

A bacterial infection transmitted when urine and feces of infected animals such as rodents, contaminate the soil, water, and vegetation.

A person may get leptospirosis by ingesting contaminated food or water, when broken skin and open wounds, or when eyes, nose, sinuses and mouth come in contact with contaminated water (usually flood water) or soil. Incubation period of bacteria is 7-10 days.

Symptoms

- Fever
- Muscle pain
- Headache
- Calf-muscle pain and reddish eyes



For severe cases (liver/brain involvement or kidney failure)

- Yellowish body discoloration
- Dark-colored urine
- Light stools
- Low urine output
- Severe headache

Prevention

- Avoid swimming or wading in flood water
- Use boots and gloves
- Drain potentially contaminated water
- Control rodents in the household by using rat traps or rat poison
- Maintain cleanliness in the house

DENGUE FEVER

A disease common in tropical and sub-tropical countries in the world. Dengue is transmitted through the bite of an Aedes mosquito, according to WHO. Dengue fever is potentially fatal and mainly affects children.

