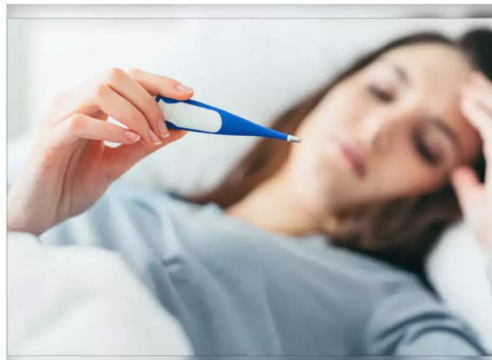


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Prevent yourself from non-Covid diseases this monsoon

By - Shikha Desai | Created: Jul 21, 2020, 18:02 IST | [f](#) [t](#) [p](#)



Monsoon finally arrives after heaps of perspiring and obstacles of searing summer. However, this monsoon will not be the same as it used to be. Since the emergence of COVID 19, it has been an ongoing debate on how this virus will react to the changing weather conditions. Humid weather, reduced temperatures and rains predispose to many respiratory viral infections and COVID 19 being a respiratory disease can show a surge in this weather or change of season. While scientists continue to investigate the COVID-19 disease progression during the monsoon months, it is extremely essential to continue all social distancing and hygiene practices and the advisories issued for our well-being and safety.

The monsoon season also brings along the burden of catching various infections and vector-borne diseases like malaria and dengue. These can put additional pressure on the healthcare system of the country, which is already under a huge stress. Prevention is, therefore, the best cure. There are numerous diseases and infections that are sitting tight for us in this season. Some of them are effectively preventable with precautions and mindfulness while the others may be managed by appropriate treatment or they might lead to significant issues.

Here are some most common Non-COVID diseases during monsoon alongside their preventive measures.

Viral fever: It is a common disease that can happen throughout the year but is most likely during monsoons. Severe cold and cough followed by fever are some common symptoms. This may last from 3-7 days. Nevertheless, it is always recommended to consult a doctor before diagnosing anything.

Precaution: It is dependably a smart thought to adhere to your hand-crafted nourishment and clean drinking water. So, keeping up good hygiene practices and boosting our immunity is the main key to keep this ailment far away.

Vector borne disease (Malaria and Dengue): Due to the rain, water remains clogged that gives the mosquitoes a space for breeding process. As a result of which cases of dengue and malaria rise during monsoon.

Precaution: Make sure the clogged areas are clean in order to prevent these diseases from spreading. Besides, use of mosquito repellents and insect repellent plants like citronella, lemon grass, tulsi, sabja, etc. helps to prevent the mosquito from entering your work station or home. Moreover, wearing clothes that fully cover your body will also be useful. Use of insect repellents and mosquito nets should be encouraged.

Food and water-borne illnesses (Hepatitis A/E, Diarrhea, Cholera and Gastroenteritis): The intake of contaminated foods and water is the main reason for these diseases. These diseases are exceedingly preventable and treatable if one is cautious. These diseases largely affect the digestive system and that is why they cause symptoms like vomiting, loose motions, and stomach pain. There might be fever in some cases as well due to infection.

Precaution: It is advised to drink clean and boiled water, have home-cooked food and drinking enough healthy liquids. Avoid having unhygienic food from outside, especially roadside junk food. Moreover, maintaining proper hygiene is the only way out to prevent such diseases.

It is very tempting to go out and enjoy the weather but keeping the current situation in mind and the health risks associated, it is strongly advised to avoid all leisure and non-essential travel. Remember the key to good health is in our hands and it is important that we stay safe in this monsoon season.

Inputs by Kanchan Naikawadi, Preventive Healthcare Specialist, Indus Health Plus

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