

FRIDAY SEMINAR

Topic : COMMON MONSOON DISEASES IN INDIA AND ITS PREVENTION



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Summary of the Talk:

India typically experiences its annual Monsoons between the months of July to September. The onset of the rains bring a host of diseases and infections that can pose a serious range of health threats. Staying healthy during these months can be as simple as taking the right precautionary measures at the right time. Risk of being exposed to multiple viruses, bacteria, and other infections is two times higher during the monsoon than in any other season. The high moisture content in the air enables harmful microorganisms to thrive, resulting in the transmission of a number of diseases. Many of these monsoon diseases remain undiagnosed until they affect a major health aspect negatively. Early diagnosis and a few basic preventive and hygiene measures can keep you safe during this deadly season of diseases in India. The most common diseases during monsoons are transmitted through 4 major mediums: mosquitoes, water, air, and contaminated food.

Common mosquito-borne diseases are Malaria, Dengue and Chikungunya whereas Water-borne Diseases include Typhoid, Cholera, Leptospirosis, Jaundice ,Gastrointestinal infections and Hepatitis. Air-borne Diseases include Cold , flu and Influenza .General prevention tips like drinking boiled water, and avoiding unhealthy external drinkings . Following a strict personal hygiene routine at all times can avoid fungal infections. As much as we all love the monsoons and the respite it brings, it's best to stay informed and protect ourselves from these common diseases in India. Avoid self-diagnosis and over-the-counter medication if you observe any of the above-mentioned symptoms, consult your general physician.