



DAV PUBLIC SCHOOL SECTOR-14GURUGRAM
“DAV WELLNESS”
Monthly Newsletter (August 2019)

Dear Students,

With every monsoon we see an onset of a series of illnesses. Monsoon brings many health worries in our surroundings. It is important for us to understand these monsoon monsters to live a healthy life.

Mosquito - borne disease:-

The stagnant- water is ideal for growth of mosquitoes like unattended water in coolers, rubber tyres or open outdoor containers. It can cause Malaria, Dengue or Chikengunya, fever which can be dangerous. While Malaria is caused by female Anopheles mosquito, Aedes mosquito bite can cause Dengue. However Chikengunya is caused by a virus transmitted by the bite of Aedes Aegypti mosquito.

Precautions for Prevention of above diseases:

Wearing full- sleeve clothes, using effective mosquito repellents, anti- mosquito lotions, and use of insecticides in the neighborhood can help you to avoid these diseases.

Water Born Diseases:-

The outbreak of cholera, typhoid fever, hepatitis A is very common during monsoon season. Lack of proper sewage system, contaminated food or water, unhygienic food and beverages can cause these water borne diseases. Cholera is a disease that spreads through contaminated food and water where there is poor sanitation.

Typhoid fever is caused by the ingestion of food or water contaminated by the bacteria Salmonella Typhi or Paratyphi. Hepatitis A is an acute infectious disease of liver which spreads through contaminated stool, food, water or close personal contact with an infected person.

Precaution is best cure in water borne diseases

Avoid food or water which are contaminated or publically sold. Personal hygiene ensures your protection against water borne diseases. Water and food should be stored in covered containers.

Viral Infection:-

Viral fever and eye infections are also very common during this season. Hygiene is the best way to avoid viral infection and avoiding contact with an infected person. Carrying a sanitizer and washing hands frequently will help you.

Fungal Infection: -

The folds of skin like armpits,space between toes often remain moist which become ideal grounds for festering of fungal infections. Keeping your body dry will help you avoid fungal infections which can damage your skin badly.

A decorative border of black umbrellas surrounds the text. The umbrellas are arranged in a grid-like pattern, with some rows being more densely packed than others, creating a frame around the central content.

Rainy season with a chance of illnesses-

With every monsoon comes a series of illnesses. Here are some lifestyle changes one can start adopting as monsoons approach in order to prevent monsoon maladies.

- Keep footwear out of the house to keep away the germs that come with it in the rains.
- Avoid consuming raw green leafy vegetables and raw salads as they carry high risk of contamination.
- Soaking fresh produce in warm water with salt and some apple cider vinegar will help eliminate all traces of grime and dirt.
- And most importantly, when monsoons arrive, bolstering our immunity should be the topmost priority as that becomes the first line

*“MONSOON IS A BLESSING,
IT NEEDS TO BE
MANAGED WELL TO
TEMPER EXTREMES.”*