

THE TIMES OF INDIA

TIMES CITY

Spurt in viral fever as

Stomach Infection And Wheezing Common;

TIMES NEWS NETWORK

New Delhi: Scarcity of rain and the accompanying humidity has led to a spurt in fever and gastroenteritis cases. Doctors at city hospitals say 30% of the OPD patients have either of the two conditions.

Aggravation of asthma and wheezy bronchitis are being commonly seen among children. Doctors recommend basic precautions like eating healthy and maintaining personal hygiene to keep diseases at bay. "Every day, we are seeing 30-40 cases of stomach infection, triggered mostly by contaminated food and water," said Dr Vikas Ahluwalia, consultant, internal medicine at Max Hospital, Saket.

He said children and the elderly are most vulnerable owing to poor immunity. Simple things like washing hands before eating, drinking filtered water and having fresh food can help prevent these diseases, he said. Dr M P Sharma, head of the gastroenterology department at Rockland Hospital, says diarrhoea, typhoid and other stomach-related infections are self-limiting and treatable but may turn fatal as well. "Very often, diarrhoea or stomach infection can cause severe dehydration and loss of sodium in the body. If not treated on time, it can endanger the patient's life. Have plenty of water to prevent de-

hydration and never delay treatment," said Sharma.

Dr Sanjeev Bagal, senior consultant paediatrician and CEO Radiant Life, said viral infection spreads quickly among children who are vulnerable. "A weak immune system makes them susceptible to viral infections. It is easy to catch viral infection in crowded places like classrooms, theatres and buses," he said. Bagal said cases of wheezing and aggravation of asthma among children have shot up over the past few weeks.

Dr Arup Basu, chest medicine specialist at Sir Ganga Ram Hospital, said infections are usually transmitted by droplets or by coming into contact with objects contaminated with the secretion of infected people. "Asthmatics and those suffering from lung diseases like Chronic Obstructive Pulmonary Disease must take special care and keep their medicines handy. If symptoms persist, consult a doctor immediately," he said.

Pink eyes or conjunctivitis, another highly contagious disease caused by bacterial and viral infection, is common during rains. Dr Sanjay Choudhary, an ophthalmologist, said maintaining hand hygiene really helps. "Currency notes are the biggest source of infection. Clean your hands before touching the eyes or rubbing them," he said.

LITTLE RAIN CO

Intermittent rain and high humidity in bacterial & viral infections.



VIRAL GASTROEN

An inflammation of involving the stomach mainly due to conta

Symptoms | Diarrhoea, abdominal cramps, nausea, vomiting, low fever with mild chills, headache, muscle ache, fatigue

TYPHOID

Caused by Salmonella typhi bacteria present in contaminated food or w

Symptoms	Prevention
Prolonged fever, abdominal pain, headache and loss of appetite	Drink boiled & water. Wash h frequently and roadside food

INFLUENZA INFECTIONS

Symptoms | Headache, body ache, fever and nasal congestion

Precaution | Virus spreads through coughing or sneezing or through contact. One should maintain hygiene & avoid crowded areas

WHEEZY BRONCHITIS, ASTHMA

Viral infection makes lining of lung raw, aggravating asthma symptoms. High levels of humidity increase fungal spores in environment

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