

Sporadic rain, high humidity conducive for spread of viral fever

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NEW DELHI: If you have high fever, a running nose and severe head and bodyache, you could be suffering from viral influenza that has seemed to have gripped the city these days.

With intermittent rain and high humidity providing a conducive environment for faster growth and spread of harmful organisms, people are suffering from either a severe bout of viral influenza, upper respiratory tract infection or seasonal allergies.

"July is usually the peak time for respiratory cases as the monsoon leads to severe allergies and infections," says Dr Vikas Maurya, senior chest specialist, BLK Hospital.

The worst affected in this weather are children.

"In children, the infection rate is high as their immunity is already compromised. I have been seeing almost double the cases than earlier for about a week now. Symptoms are very high fever, cold and cough, lasting up to 5 days," said Dr Rahul Nagpal, director, pediatrics dept, Fortis Hospitals.

Doctors advise a break of five days after the onset of fever to avoid spreading infection.

There are also symptoms of

MONSOON WOES



- Weakness
- Drowsiness
- Cough
- Sneezing
- Cold
- Sore-throat

PREVENTIVE MEASURES

- Avoid crowded places
- Wash hands frequently, especially before eating meals and after using washroom
- Cover mouth and nose with a handkerchief while coughing
- Avoid getting drenched in the rain

severe headache and bodyache, a couple of days after which cough also sets in.

Apart from children, the elderly and those suffering from asthma, diabetes and heart diseases, and those with compromised immunity run greater risk of getting infected.

Doctors say people should avoid crowded places, frequently wash their hands and



■ Vendors take shelter under a plastic sheet in heavy rain while waiting for customers during Chand Raat celebrations at a market outside Jama Masjid.

AFP PHOTO

consult a specialist if fever and sore throat last for more than 48 hours.

"Oral medicines do not seem to be very effective in some cases, so we prescribe injections to bring down fever," said internal medicine specialist Dr Nishant Sharma. The most

common forms of viruses in the air causing infections, are rhino, coxsackie, corona, and adenoviruses.

Skin and fungal infection is also quite common during monsoon. Experts advise keeping the skin and scalp clean.

"Sweat and oil deposits

make the skin and hair really dull. Deep pore cleansing is important to keep pores free of clogged oil and dirt. Wash hair more frequently during monsoons and use a hair rinse after shampoo," advises beauty expert Shahnaz Husain.