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Studies on Seasonal Diseases and Preventive Measures

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Abstract: Majority of infectious diseases follow a seasonal pattern appropriate to conductive situation that is accessible to the microorganisms to spread and transmit a disease to human beings. Simple precautionary actions before the beginning of disease definite period and use of efficient control measures during illnesses can significantly decrease morbidity and humanity due to these diseases. Seasonal change in the frequency of transmittable diseases is a frequent occurrence in both temperate and tropical climates. As the outbreaks of seasonal diseases like Dengue, Malaria, Typhoid, viral fevers etc increasing in India. One state subsequent to other getting pretentious, it is very essential to know more about these diseases and occurrence, any modify in the viral strain, severity of the disease pattern, and early discovery of the virus and early management of the disease resultant in good quality recovery. Population enlargement, quick urbanization, increase in worldwide travel from widespread areas and global warming are playing a most important role in disease spread. Measures should be taken to manage the front mentioned causes to prevent disease spread and decrease outbreak flame up. Water is also major media for carrying the cause of illness in the world and predominantly in rural communities. Methods of accessing safe drinking water, water purification techniques can control waterborne illness frequency in tribal regions. Dengue fever is a serious public strength difficulty in terms of its morbidity and humanity. This article describes the virology, epidemiology, medical manifestations and outcomes, and vaccines related with dengue infections.
Keywords: Seasonal change, water purification, disease outbreaks, vaccines, virology.

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Introduction to seasonal diseases

We are all responsive that some diseases are ordinary in convinced seasons. Cold, cough and influenza in winter, malaria and dengue in monsoon, diarrhea in summer are ordinary occurrences each time. These diseases can reason a host of problems ranging from uncomplicated ones similar to not feeling well, having to obtain time off from work or school, to loss of pay, hospitalization, and in the most terrible case situation, death. Being conscious of the common diseases during a variety of seasons is very important as disease outbreaks are natural calamities; but managing their impact is in human being control.

The monsoon season is a interval for everyone as it comes after summers and refreshes everybody. though, we should not forget that it carry with it frequent deadly diseases like Malaria, Cholera, Dengue, Chikungunya and other fatal diseases. The common diseases of summer contain mosquito borne diseases like malaria and dengue, diarrhea, food poisoning, flu, water borne diseases like typhoid and jaundice, chicken pox, heatstroke and sunburn. The augment of temperature in summer helps bacteria increase, in that way increasing the multiply of many bacterial infections. Ordinary seasonal diseases of wintry weather include cold, cough, flu, bronchitis, dry and itchy skin. Most frequently, the diseases of winter are caused by viral infections. All along with rains, monsoon brings a host of diseases. The humidity, mud and stagnant water are propagation foundation for a host of organisms. Many of the diseases of monsoon like malaria, dengue, and chikungunya are transmitted by mosquitoes. They frequently strain in waterlogged spaces. Cholera, typhoid, stomach infections, diarrhea and Hepatitis A are water borne diseases, which usually spread through infected food and water. Viral diseases are typically multiply by air containing infected droplets of viruses released by contaminated people.

Seasonal disease-dengue

Dengue fever is a common tropical disease. This sensitive feverish sickness can be a deadly infection in cases of cruel manifestation, causing dengue hemorrhagic upset. In this brief article, I will summarize and discuss the analysis and treatment of this disease. For analysis of dengue, most tropical doctors create utilize of presumptive finding; though, the specific diagnosis should be based on immunodiagnostic or viral study. Focusing on treatment, indicative and supportive treatment is the major beneficial approach. The role of antiviral drugs in the treatment of dengue fever has been limited, but is at present extensively studied. Dengue is one of the most common diseases spread throughout the rainy season. It is factual that it is a preventable disease but can have severe effects on the patient and one of them is death. As they say ‘prevention is better than cure’, you must always attempt to take sufficient safety measures rather than find a cure later on. This disease is caused due to a bite from *Aedes albopictus mosquito* which breeds in dirty water.

Some of the symptoms of this disease contain *high fever, rashes, appetite loss, nausea, body pain and vomiting.* The subsequent is a thorough list of the methods of avoidance for dengue during rainy season.

Dengue fever is an acute viral infection transmitted by the bite of an infected mosquito, Aedes aegypti, which bites during the day time. These mosquitoes breed in stored and bare water compilation vessels such as drums, jars, pots, buckets, flower vases, water tanks, surplus bottles, tires, water coolers and the like. Dengue fever manifests itself 4-7 days after the bite of a contaminated mosquito. Symptoms: high fever pain behind the eyes headache body aches and combined pains Dengue hemorrhagic fever, a potentially deadly difficulty of dengue fever, results in: high fever, impatience severe and permanent pain in the stomach blood loss from the nose, mouth and gums or skin staining black stools pale or cold skin. No vaccine or precise antiviral drugs are available. To appreciate the difficulty and to take efficient measures to prevent further Incidence of dengue cases, a retrospective study was conducted for the last six years from 2012 to 2016 with the obtainable information in GVMC. There was a gradual augment in incidence 3 from 2012 beyond and an epidemic proportion of cases were reported in the year 2016. The aim of the present study is to investigate the epidemic 4 and to assess the sufficiency of present control measures adopted by the GVMC and if there are any lacunae by taking suitable measures and implement the program successfully in the subsequent year i.e. 2017.

World Health Organization (WHO) has predictable that there may be 50 million (DENV) Infections worldwide every year. Subsequent the major outbreak of dengue in 1996, Government of India incorporated dengue below National Vector Borne Disease Control Programme. A three protracted extended phrase approach for control and prevention of dengue in India is being implemented. They are:

- Early discovery and management including epidemic attentiveness and quick response.
- Anti-larval and anti-adult personal protective measures.
- Supporting interventions such as human resource development, supervising and monitoring.

Dengue fever

The most frequent condition caused by tiger mosquito. Dengue symptoms are high fever, low platelet count, rashes, sensitivity surrounded by other things. Using mosquito repellents and insect repellent plants like citronella is a good idea to prevent this mosquito from entering work place or home. Wearing clothes that cover your entire body will also be useful. Mosquitoes are always a problem for us. While a mosquito bites a person contaminated by dengue virus, the virus enters the mosquito. When the contaminated Mosquito then bites another human being; the virus enters that person's bloodstream. Anopheles mosquito, dengue fever is caused by tiger mosquito.

Symptoms

- High fever
- Swollen lymph nodes
- Rashes
- Headache
- Low palette count
- Hypersensitivity

Prevention

- Mosquito bed could be used when the room is not air-conditioned.
- Spray and liquid spray has to be sensible in a directly line to the mosquito antagonist effective
- Killing i.e . . . . Household pesticides.
- Wear long-sleeved clothes and long trousers when leaving outside. Bodies could be protected from mosquito bite by applying insect repellent on clothes and uncovered part of the body particularly journey to Dengue fever.

Maintain proper hygiene and sanitation

The first and most significant precaution to take for dengue is to maintain proper hygiene and sanitation around us. For this we can follow some of the given instructions:

- Keep residence and its neighboring area clean, do not waste and do not let water gather at any place.
- Keep all drains clean and clear and do not let them strangle.
- Also, avoid irrigation, watering plants etc unless tremendously necessary.
- Dust and wash indoor parts of the house frequently.
- Do not allow water collect in and around the house.
- Clean the roof and driveway on a regular base as well.

Preventive measures

- As it's transmitted through mosquitoes, one should wear a strong insect disgusting containing DEET to prevent getting bitten.
- People should also dress in full covering clothing when out in the day.
- It is imperative to keep in mind that the dengue mosquito typically bites only in the day time and breeds in clean, fresh water. So any water accumulation should be avoided.

Conclusions

Seasonal unpredictability in infectious disease occurrence is likely to be influenced by population vulnerability and behaviors; however, environmental influences are also imperative considerations. Such environmental factors can impact the profusion of pathogens, The knowledge of the responsibility of environmental factors (infection, cold, etc.) or other triggers (indoor activity, vitamin D intake) could be used to improve prevention measures and educational strategies, especially in people with a risk of infection. People should be informed about the importance of appropriate accommodation ventilation and the probable benefits of increased outside movement in natural UV light. When a secure, reasonably priced and successful dengue vaccine will be available, the well-organized and cost effective deployment of such a vaccine will also necessitate careful monitoring of disease endemicity to recognize target groups for planned use of vaccines to attain most favorable reductions in virus transmission.

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