



AVOID HEALTH HAZARDS CAUSED BY FLOODS.

STAY ALERT.

COMMON DISEASES

- Gastrointestinal infections like nausea, vomiting, loose stools with or without fever.
- Skin diseases like dermatitis, fungal infection, allergy, scabies.
- Waterborne diseases like Cholera, Typhoid, Dysentery etc.
- Floods lead to an increase in population of insects like mosquitoes that lead to diseases like malaria, dengue etc.
- Nutritional problems like anaemia, undernutrition, etc.

GENERAL INSTRUCTIONS

- Reduce contact with flood water as much as possible to prevent accidents and snake bites.
- No open-air defecation as it will increase gastro-intestinal infections.
- Visit your nearest health centre immediately if symptoms like high fever, headache, nausea, eye infection, diarrhoea, etc. occur.

PREVENTIVE MEASURES

Take Care of Your Nutritional Requirements

- Ensure adequate quantities of healthy food, especially for vulnerable sections, like pregnant women, lactating mothers, children under 5 and elderly.
- A mixed diet of protein and green leafy vegetables is desirable.

Food Hygiene Measures

- Wash hands properly with soap and water before preparation of food, before and after having food, after defecation.
- Wash fruits and vegetables properly.
- Keep food items covered.

Menstrual Hygiene Measures

- Maintain menstrual hygiene at all times.
- Dispose used sanitary napkins in a proper manner.
- Wash the home-made reusable pads and dry them in the sun.



ENSURE ROUTINE IMMUNIZATION AND NUTRITIONAL SERVICES PROVIDED BY THE GOVERNMENT