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Government of India



Media Scanning & Verification Cell

Media alert from the Media Scanning & Verification Cell, IDSP-NCDC.



Alert ID	Publication Date	Reporting Date	Place Name	News Source/Publication Language
3308	06.03.2016	07.03.2016	Ludhiana Punjab	www.hindustantimes.com/English http://www.hindustantimes.com/punjab/ludhiana-sees-sharp-rise-in-chickenpox-viral-fever-cases/story-XNSqAprG7DSjwniRNBvoUP.html
Title:	Ludhiana sees sharp rise in chickenpox, viral fever cases			
Action By CSU, IDSP -NCDC	Information communicated to DSU-Ludhiana, SSU-Punjab			

Due to the changing season number of patients suffering from cold, cough, throat irritation and chicken-pox has suddenly increased in city hospitals.

According to the doctors, the number of cases of Seasonal Affective Disorders (SAD) has increased considerably in the past one month.

Civil hospital medical specialist (general medicine) Avinash Jindal said, "People usually ignore taking precautionary measures during seasonal changes due to which there is a sudden increase in chicken pox and viral fever cases. Patients have frequented us with mild throat irritation, cold, and cough with major body ache, fatigue and chicken-pox in the last one month. We have attended more than 12 cases of viral fever against 4 on weekly basis earlier."

"As seasons change, people need to take various precautionary measures to keep such health issues at bay. Increase in water intake, less exposure to public gatherings (as viral transmits skin to skin), use of handkerchief while sneezing or moving around, having green vegetables and fruits and regular exercising helps in keeping away these seasonal diseases,"he added.

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**Integrated Disease Surveillance Programme (IDSP), National Centre for Disease Control,
Ministry Of Health & Family Welfare, Government of India**

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Amit Berry, MD medicine at Dayanand Medical College and Hospital (DMCH), said number of patients with throat infection, viral fever and allergic diseases have seen sharp rise lately.

"We are attending to around 22 patients on weekly basis,"he said.

"People should prefer home-cooked food and include curd, green vegetables, citrus fruit (as per suitability) in their diet to help prevent getting ill in this season,"he said.

Pointing out towards considerable increase in chickenpox cases, he said that handkerchief should be carried, especially, while travelling in public places.

People should also not expose their body to the sudden change in temperature, he said.

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