



सत्यमेव जयते
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
5717	21.01.2020	22.01.2020	Chandigarh	www.timesofindia.com/English https://timesofindia.indiatimes.com/city/chandigarh/bronchitis-viral-infection-on-upswing/articleshow/73475859.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst
Title:	Bronchitis, viral infection on upswing in Chandigarh			
Action By CSU, IDSP -NCDC	Information communicated to SSU- Chandigarh			

Cases of lower respiratory infections and bronchitis in the elderly, and viral infections in younger people and children are pouring in the city-based hospitals. Dr Gurvinder, medical specialist in Government Multi Specialty Hospital-16 (GMSH-16) said, "We have seen a rise in respiratory infections in the elderly. Most are bronchitis cases, which we see in the emergency. There is also an exacerbation of old cases of asthma and chronic obstructive pulmonary disease."

There are 40-50 OPD cases of respiratory infections and 4-5 admissions are taking place every day during this season, he said. For those suffering from asthma or bronchitis, the doctors advise increase in the dosage after consultation. "Heart patients are also coming with high blood pressure. We have increased their dosages for another 2-3 months," said Dr Gurvinder. "It is better to sweat than shiver. Also, avoid going out directly from heater-fitted rooms," he added.

Those, who are vulnerable to asthma, bronchitis and other allergies, need to be on the guard now. A healthy diet with fruits and supplements like zinc and Vitamin C can boost their immunity. In worse conditions, pneumonia can also develop.

Save Water- Save Life, Save a tree- Don't print unless it's really necessary!

Disclaimer:- This is a media alert subject to verification.

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

22-Sham Nath Marg, Delhi – 110 054

For more information please contact: Media Scanning & Verification Cell: - Phone (011)23946029

Email: - idsp-msc@nic.in, idsp-npo@nic.in

Join us on



<http://www.facebook.com/pages/Media-Scanning-Verification-Cell-IDSPNCDC/137297949672921>

twitter

<https://twitter.com/MSVC1>

Page 1



एक कदम स्वच्छता की ओर

In case of heart patients, with every one degree drop in temperature, heart and brain are at a risk of mortality of 1%, as these vital organs are in no mood to pump in blood normally, which put blood pressure patients at the risk, doctors say. With the chill setting in, there is constriction of blood vessels that decreases the overall blood supply, resulting in heart attacks and haemorrhage.



ASTHMA
SIGNS & SYMPTOMS

- Shortness of breath
- Chest tightness or pain
- Trouble in sleeping caused by shortness of breath, coughing or wheezing
- A whistling or wheezing sound when exhaling
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or flu

EMERGENCY SIGNS

- 1 Rapid worsening of shortness of breath or increase in wheezing
- 2 No improvement in condition even after using a quick-relief inhaler
- 3 Shortness of breath even while doing minimal physical activity

PREVENTIVE STEPS

- 1 Identify and avoid asthma triggers. A number of outdoor allergens and irritants – ranging from pollen and mold to cold air and air pollution – can trigger asthma attacks
- 2 Monitor your breathing. You may learn to recognise warning signs of an impending attack, such as slight coughing, wheezing or shortness of breath
- 3 Identify and treat attacks early. If you act quickly, you're less likely to have a severe attack
- 4 If symptoms don't improve, get medical consultation

WHEEZING IN CHILDREN

- Children susceptible to chest infections should take extra care through vaccination against influenza and pneumonia
- Start taking bath with lukewarm water
- Don't wrap children below 6 months in heavy warmers, layering is preferred
- Have lots of fluids, avoid outside food
- Use saline nasal drops instead of medicated sprays for children below 6 months
- Steam inhalation and lukewarm water gargles can help those vulnerable to seasonal infections
- Do not dust carpet in front of children



💧 Save Water- Save Life, 🌳 Save a tree- Don't print unless it's really necessary!

Disclaimer:- This is a media alert subject to verification.

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

22-Sham Nath Marg, Delhi – 110 054

For more information please contact: Media Scanning & Verification Cell: - Phone (011)23946029

Email: - idspsc@nic.in, idsppn@nic.in

Join us on



<http://www.facebook.com/pages/Media-Scanning-Verification-Cell-IDSPNCDC/137297949672921>

twitter

<https://twitter.com/MSVC1>

