



A publication of the Public Affairs and Communication Service on DILG LG Sector News

Health Alert: 8 Common Summer Diseases

Pristine beaches, fine sands and beautiful sunset – these are things we enjoy the most during summer. Unfortunately, there are unseen forces wanting and waiting to ruin our moments of relaxation and recreation. These are the common summer diseases lurking just around the corner.

And to help you have the sweetest taste of summer this year without fear of getting sick, here are the eight (8) summer season's most common diseases and tips to combat them.

Sore Eyes or Conjunctivitis

Sore Eyes, also known as Conjunctivitis, is the redness and inflammation of the membranes covering the whites of the eyes, and the membranes in the inner part of the eyelids.

Prevention:

- Wash hands frequently with soap and water.
- Minimize hand to eye contact.
- Use only own towels, eye drops, make ups, and eye wears.
- Put eye wear on windy days to protect your eyes from unwanted particles.
- Avoid crowded places.
- Disinfect with dilute bleach surfaces, doorknobs, counters, elevator buttons and hand trails.

Cough and Colds

Cough and colds, which are brought on by different viruses, spread even during the summer months as erratic weather bring downpour from time to time.

Prevention:

- Wash your hands frequently and cover your mouth and nose when you sneeze and cough.
- Drink 8-12 glasses of water a day.
- Sleep for 8 hours.
- Rest at home.

Sunburns

Sunburn is one of the most common summer diseases which can lead to premature aging, wrinkles and skin cancer.

Prevention:

- Avoid direct sun exposure between 10am to 3pm.
- Apply sunscreen to retard the effects of UVA and UVB rays on the skin.
- Drink 8-12 glasses of water a day to replace lost fluids.

Skin Disease

Skin diseases are likely to develop during the summer season due to the hot and humid weather especially in those areas where water is scarce.

Prevention:

- Bathe daily and practice proper hygiene.
- Take a shower before and after plunging into the pool
- Do not urinate in pools.

Vomiting and Diarrhea

Vomiting and Diarrhea are often caused by consumption of contaminated food or drinks.

Prevention:

- Wash hands before and after preparing food.
- Be cautious of street foods.
- Cook food properly.
- Refrigerate and reheat leftover before eating.

Dog Bites

Dog bites cause rabies, a deadly viral infection that is mainly spread by infected animals particularly dogs.

Prevention:

- Wash wound immediately with soap and water.
- Consult the doctor immediately while observing the dog 10-14 days.
- Have your pet dog immunized by veterinarian against rabies at 3 months and every year thereafter.
- Get pre-exposure anti-rabies vaccine.

Hypertension

Hypertension, also known as high blood pressure, is a medical condition in which blood pressure is repeatedly elevated.

Prevention:

- Have your blood pressure checked regularly.
- Take your medicine regularly as per doctor's advice.
- Eat plenty of fruits, vegetables and fiber rich foods.
- Avoid salty foods.
- Control and limit alcohol intake.

Heat stroke

Heat stroke is a condition caused by body overheating, usually as a result of prolonged exposure to or physical exertion in high temperature.

Prevention:

- Avoid too much sun exposure.
- Wear light and loose fitting clothing.
- Drink 8-12 glasses of water a day or fruit/vegetable juices.
- Monitor the color of your urine.

With the prevention tips laid on your table, you can enjoy the season and push your wanderlust to the maximum level. Have a happy and healthy summer! **Daryl M. Jaramilla**

DILG-CO QUALITY POLICY

We, the DILG Central Office, commit to formulate sound policies and provide effective technical and administrative services to promote excellence in local governance, strengthen local government capacities, and enhance the service delivery of our Regional and Field Offices.