



## NAVIGATING SEASONAL BUGS COMMON INFECTIONS & WHEN TO GET TESTED

The monsoon season is just around the corner bringing much-needed relief from the summer heat. However, the monsoon also creates favourable conditions for the spread of infections. Increased humidity, water logging and contaminated food and water can lead to a rise in several illnesses. But awareness of common monsoon infections and knowing when to seek medical testing can help prevent complications.

### Common Infections During Monsoon

- **Viral Fever** - Sudden changes in temperature and increased viral activity often result in viral fevers. Symptoms include fever, body aches, fatigue, headache and sore throat. Persistent symptoms require medical attention.
- **Dengue** - Dengue cases often rise during the rainy season due to stagnant water accumulation. Symptoms include high fever, severe headache, joint and muscle pain, skin rash and nausea.
- **Malaria** - Mosquito breeding increases during monsoon, making malaria a common concern. Fever with chills, sweating, weakness and body aches are typical signs.
- **Gastrointestinal Infections** - Contaminated food and water can lead to diarrhoea, food poisoning, typhoid and gastroenteritis. Symptoms may include abdominal pain, vomiting, loose stools and dehydration.
- **Respiratory Infections** - Humidity and fluctuating temperatures can trigger colds, flu, bronchitis and throat infections. People with asthma and other respiratory conditions may experience worsening symptoms.
- **Leptospirosis** - This bacterial infection spreads through water contaminated by animal urine, especially in flooded areas. Symptoms include fever, headache, muscle pain and red eyes.



### Right time to get tested

While many mild infections improve on their own, certain warning signs should prompt diagnostic testing. These include:

- Fever lasting more than 2–3 days
- High fever above 102°F (39°C)
- Severe body aches or joint pain
- Persistent vomiting or diarrhoea
- Signs of dehydration such as dizziness and reduced urination
- Breathing difficulties or chest discomfort
- Unexplained rashes or bleeding tendencies
- Recurrent chills and sweating episodes
- Symptoms that worsen despite home care

Doctors may recommend blood tests, urine tests, stool examinations or imaging studies.

### Protect yourself in the monsoon

Preventive measures remain the best defence against seasonal illnesses. Drink clean, filtered water, avoid roadside food, maintain hand hygiene, eliminate stagnant water around your home and use mosquito repellents and protective clothing. A balanced diet, adequate sleep and timely medical consultation can further strengthen immunity.

By getting tested when necessary, individuals can reduce the risk of serious complications.