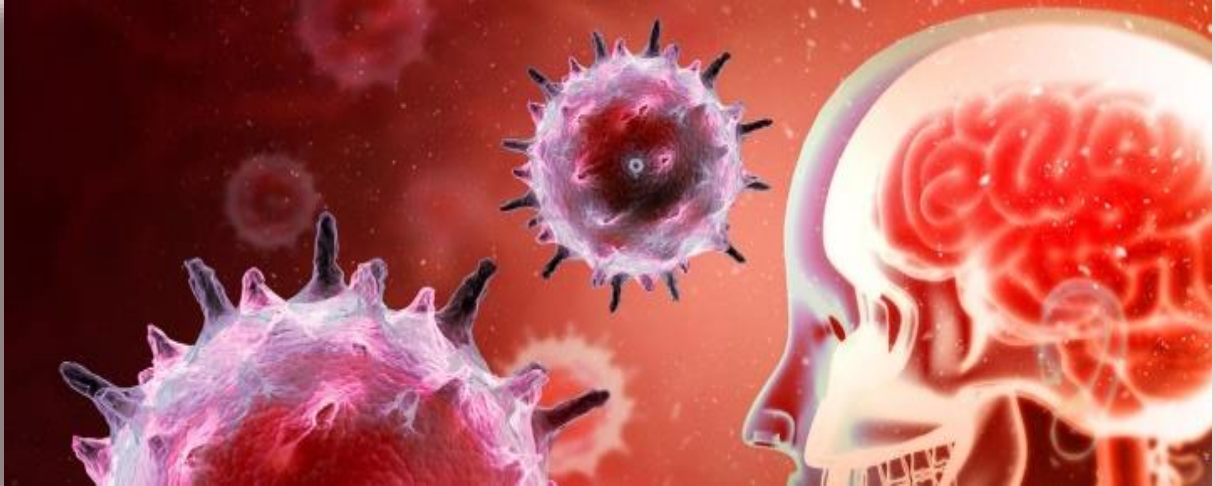




HEALTH AND WELLNESS CLUB

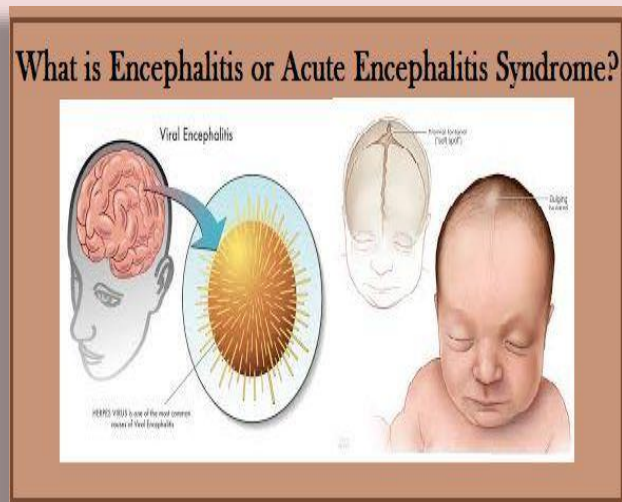
ENCEPHALITIS (CHAMKI FEVER)

FIGHT THE BITE !!



Dear Parents,

Encephalitis or Chamki fever, Acute Viral Encephalitis or Aseptic Encephalitis is defined as inflammation in brain which can be swelling or irritation in the brain. It can also result from certain viruses carried by mosquitoes and ticks. Due to encephalitis more than 100 children died in Muzaffarpur and adjoining districts of Bihar and more than 400 children with acute encephalitis syndrome (AES) have been admitted to various hospitals in Bihar. The Union Health Minister of India has advocated setting up a research institute to identify the reason for the outbreak of Chamki fever or Encephalitis. Around 12 districts of the state in Bihar are under the grip of Chamki fever which includes Muzaffarpur, Vaishali and East Champaran. However, Muzaffarpur has been declared as the worst hit zone.



It is a rare but serious disease and most of the casualties occurred are between the age group of 1-10. Health departments of various countries have declared the unfolding situation concerning the Japanese encephalitis virus (JEV) a Communicable Disease Incident of National Significance.

Serious cases of encephalitis can cause:

- high fever
- severe headache
- nausea and vomiting
- stiff neck
- confusion
- personality changes
- convulsions (seizures)
- problems with speech or hearing
- hallucinations
- memory loss
- drowsiness



Inflammation in the brain is not contagious. But the virus that causes encephalitis can be. Also, if a person has virus that does not mean that he or she will develop encephalitis. Most of the time, the acute phase of the illness (when symptoms are the most severe) lasts up to a week. Full recovery can take longer, often several weeks or months. Encephalitis can't be prevented, but you can avoid the illnesses that it may lead to. Immunizations protect kids from many common childhood illnesses. So follow the immunization schedule recommended by your doctor. Kids should also avoid contact with anyone who already has encephalitis.

It's also important for everyone in your family to wash their hands well and often.

To avoid mosquito bites, kids should:

- Avoid being outside at dawn and dusk, when mosquitoes are most active.
- Wear protective clothing outside, like long sleeves and long pants.
- Use insect repellent.
- Drain standing water from around your home, including in buckets, birdbaths, flowerpots, and tire swings. These are breeding grounds for mosquitoes.

To avoid tick bites:

- Limit kids' contact with soil, leaves, and vegetation.
- Have kids wear long-sleeved, light-colored shirts and long pants when outdoors.
- Check your kids and your pets for ticks when they come inside.
Call your doctor if your child has a high fever, especially if he or she also has a childhood illness (like measles, mumps, or chickenpox) or is recovering from one. Get Medical help right away.
Support us in our policy to wear full sleeves shirts and long pants along with masks to maintain Covid Protocols at all times.

STAY SAFE STAY HEALTHY !

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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