



No. NHMHP- IDSP0JAUN/1/2019-11743-9867
National Health Mission-HP
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh
Dated: Shimla-171009, the

To

All the Chief Medical Officers,
Himachal Pradesh

MISSION DIRECTOR (NHM)

22 JUN 2023

Shimla-9 (H.P.)

Subject : Advisory regarding Water Borne Diseases thereof.

Sir/Madam,

As you all are aware that during rainy season, there is chance of increase in water borne diseases in areas of the State. State has to keep a strict vigil to prevent any outbreaks. Waterborne illnesses are caused by pathogens - bacteria, viruses, parasites or other organisms — that is because of contaminated water and are associated with unsafe food, inadequate Sanitation and poor personal hygiene. Contaminated water is the primary cause of waterborne diseases due to contamination with sewage seepage, industrial waste or agricultural runoff and are also occurred when natural sources of water, such as lakes and rivers become contaminated.

There are many different types of waterborne diseases, each with its own set of symptoms and treatment options. The most common types of waterborne diseases include (Typhoid fever, Cholera, Hepatitis A, Shigellosis etc.)

Keeping in view of above, it is therefore necessary to keep strict vigil on the said infections, hence there is urgent need to increase IEC activities related to Diarrhoea, Cholera, Jaundice and Shigellosis etc. by way of hoardings, small orientation camps, distributing handbills and disseminate the information through electronic media, radio jingles, small group meetings through the field health workers/functionaries so that maximum dissemination related to the water borne disease can be implemented at community level.

The following steps needs to be taken for prevention and control of Water Borne Diseases:

- Ensure availability of necessary drugs (ORS, Zinc Tablets & Syrup, Chlorine tablets and other medicines in all the health institutions in your respective Districts.
- Ensure early case detection, prompt treatment and timely referral in case of worsening condition in the patients.
- Ensure proper sampling of water and get them tested regularly.
- Proper Checking of all the water sources and ensure proper liasoning with Jal Shakti Vibhag department, Municipal Councils and other related departments.
- Emphasis on safe drinking water and hand hygiene practices, preference to be given to home made food.
- Ensure reporting of immediately any suspected event/outbreak or cases on IHIP-IDSP Portal on daily basis.