

Useful tips to keep diseases at bay during rainy season

Health Officials have this week called on members of the public to take all necessary measures to avoid contracting diseases such as dengue, chikungunya, leptospirosis and gastroenteritis.

The Director for Environmental Health, Danny Poiret has said that the basic measures should be geared towards **hygiene improvement** and keeping mosquitoes and rats at bay.

Mr Poiret has said that members of the public should drain away stagnant water around the homes, **remove the all rubbish and properly dispose of them**, keep grass in their compound short, boil drinking water and wear appropriate footwear when venturing into damp or wet areas.

Dr. Benjamin Prabhu, Senior Registrar in Family Medicine, said the symptoms of some of those diseases, which can be physically crippling, include rashes, joint pains and swellings, and fever.

The call comes amid an increase in the number of cases of the water related diseases – an increase attributed to the high level of rainfall recorded across the country recently.

The Health Department has also reiterated its advisory that people travelling outside Seychelles should ensure they get their vaccination against yellow fever and their malaria **prophylaxis** if their journey will take them to places where these diseases exist.