

1- Patient Compliance

“WE PROVIDE FOR A BETTER TOMORROW.”

Directions to avoid diseases which can be life threatening if left untreated.

a) COVID-19

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

Fever, dry cough, tiredness.

Less common symptoms:

aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discoloration of fingers or toes.

Prevention:

To prevent the spread of COVID-19:

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Maintain social distancing.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention

Self care

If you feel sick you should rest, drink plenty of fluid, and eat nutritious food. Stay in a separate room from other family members, and use a dedicated bathroom if possible. Clean and disinfect frequently touched surfaces.

Everyone should keep a healthy lifestyle at home. Maintain a healthy diet, sleep, stay active, and make social contact with loved ones through the phone or internet. Children need extra love and attention from adults during difficult times. Keep to regular routines and schedules as much as possible.

b) Dengue Fever

Each year, an estimated 400 million people are infected with dengue virus. About 100 million get sick.

Sign and Symptoms:

Headache, Eye pain (Behind eyes typically), Muscle, Joint/Bone pain, Rash, Nausea/ Vomiting, Unusual Bleeding, Severe Stomach pain/ vomiting (At least 3 episodes within 24 hours), Bleeding from nose or gums, Vomiting blood or blood in stool, Drowsiness/ Irritability, Pale, Cold/ Clammy Skin, Difficulty in Breathing.

- If you or your family member develops any of these warning signs, go to a clinic or emergency room immediately.
- Use insect repellents, wear long sleeved shirts and long pants.

c) Allergic Rhinitis

If you sneeze a lot, if your nose is often runny/stuffy, if you have post nasal mucosal dripping, your eyes, mouth or nose often feel itchy, you may have allergic rhinitis. Allergic rhinitis develops when body's immune system becomes sensitized and over-reacts to something in environment which typically causes no problem in most people.

Allergic rhinitis takes two different forms.

- i) Seasonal: Symptoms occur in spring, summer and early fall, usually caused by allergic sensitivity to airborne mold spores or to pollen from grass, trees and weeds.
- ii) Perineal: People with perineal allergy experience symptoms year around. It is generally caused by dust mites, pet hair/dander, roaches or mold.

Management & Treatment:

- i) Keep windows closed during high pollen period.
 - ii) Use glasses/ Sunglasses outside your house to cover your eyes.
 - iii) Wash your hands after petting an animal.
 - iv) Wash your nose periodically and have gargles with luke warm salty water.
 - v) Control some symptoms with OTC medication (Decongestants, Anti-histamines, Steroidal nasal sprays)
- If symptoms persist, consult a specialist.

d) Influenza

Influenza is spreading at a quick rate and is now one of most common diseases. Most commonly known as the “Flu”, it is an infectious disease caused by Influenza virus. Symptoms can be mild to severe including high fever, Runny nose, Sore throat, Muscle pain, Headache, Coughing, feeling tired.

Precautions:

- i) Get your flu shot.
- ii) Stay at least 3 feet away from anyone who’s coughing/ sneezing.
- iii) Keep your hands away from your face, mouth/ nose.
- iv) Cleanse communal surfaces at least once a day.
- v) Wear surgical gloves while taking care of sick people.

e) Tuberculosis

Tuberculosis, or TB, is an infectious disease caused by the bacterium *Mycobacterium tuberculosis*. The bacteria spreads through the air from person to person and mainly attacks the lungs, but it can affect other areas of the body. Tuberculosis is spread through the air, which means you can only get it by breathing contaminated air. If someone who is actively sick talks, coughs, sneezes, or speaks they can spread TB.

Types:

Primary TB Infection This is when the bacteria first enter your body. In many people this causes no symptoms, but others may experience fever or pulmonary symptoms. In most people, a healthy immune system knocks out the infection, but in some people the bacteria remain dormant in the body.

Latent TB Infection The bacteria is in your body and can be found through tests, but is not active. During this stage you don’t experience symptoms and can’t spread the disease to others.

Active Disease The TB bacteria are active and multiplying. You’ll feel sick and will be contagious. It’s important to seek immediate treatment to avoid complications and infecting others.

Precautions:

- i) TB is caused when a person breathes in TB bacteria that are in the air. So it is important that people with TB, who are not on effective treatment, do not

release TB bacteria into the air when they cough, when you cough you should cover your mouth and nose with a tissue. You should put your used tissue in a bin. If you don't have a tissue, then you should cough or sneeze into your upper sleeve or elbow. You should not cough into your hands. After you have coughed you should wash your hands.

- ii) TB bacteria takes a long time to be killed off, so treatment can last for six months or longer. People with latent TB will probably only need to take one or two drugs, while those with active TB may need a combination of three to four.

The most commonly used drugs are:

Isoniazid
Rifampin
Pyrazinamide
Ethambutol

f) Hypertension (Increased Blood Pressure)

The National Health Survey of Pakistan estimated that hypertension affects 18% of adults and 33% of adults above 45 years old. In another report, it was shown that 18% of people in Pakistan suffer from hypertension with every third person over the age of 40 becoming increasingly vulnerable to a wide range of diseases.

Hypertension or increased Blood pressure can be controlled through some changes in lifestyle and diet.

Precautions:

- i) Lose extra pounds and watch your waistline.
- ii) Exercise regularly
- iii) Eat a healthy diet
- iv) Reduce sodium in your diet
- v) Quit smoking
- vi) Cut back on caffeine
- vii) Reduce your stress
- viii) Monitor your blood pressure at home and see your doctor regularly

g) Hepatitis A & E

Even though there are vaccines available for hepatitis, hepatitis A and E are still common diseases in Pakistan. **Hepatitis A** is a viral liver disease which is transmitted through contaminated water or unhealthy food. In addition to the vaccine, safe water

supply, healthy food, improved sanitation and handwashing are all effective ways to fight the disease.

Hepatitis E is a liver disease that is usually self-limiting. However, it may cause acute liver failure. According to the WHO, East and South Asia have the highest prevalence of hepatitis in the world. According to Pakistan's health department, the government is using all channels of communication to increase awareness of hepatitis among the public. The government also provides medicine and vaccines for the patients.

Sign and symptoms:

Hepatitis E:

Symptoms may include:

- abdominal pain
- loss of appetite
- weight loss
- nausea (and sometimes vomiting)
- fever and chills
- mild headache
- tiredness
- dark urine and pale feces
- yellow skin and eyes (jaundice)

Hepatitis A:

Symptoms may include:

- Fatigue.
- Sudden nausea and vomiting.
- Abdominal pain or discomfort, especially on the upper right side beneath your lower ribs (by your liver)
- Clay-colored bowel movements.
- Loss of appetite.
- Low-grade fever.
- Dark urine.
- Joint pain.

Precautions:

Hepatitis E:

There is currently no vaccine available for protection against hepatitis E infection. The following are recommended:

- i) For people with hepatitis E, the exclusion period from childcare, preschool and work is not clear but it is reasonable to recommend the same exclusion period as for hepatitis A: 7 days after the onset of jaundice or illness follow good personal hygiene practices, especially thorough hand washing always follow good food handling procedures.

In areas of the world where food and water is less safe, care is needed to minimize your chances of getting hepatitis E infection. In such areas, the following are recommended:

- ii) Do not eat raw fruit and raw vegetables unless you can peel them yourself cooked food that is served hot is usually safe only drink water that has been boiled or drink sealed bottled water
- iii) Do not use tap water to clean your teeth. Use water that has been boiled or use sealed bottled water
- iv) Do not eat ice or add ice to your drinks
- v) Carbonated drinks from sealed containers are usually safe, if no ice is added.

Hepatitis A:

- i) Exclude people with hepatitis A, from childcare, preschool, school and work for 7 days after the onset of jaundice (if present) or 2 weeks from the onset of illness.
- ii) Follow good personal hygiene practices, especially thorough hand washing.
- iii) Good food handling procedures should always be followed.
- iv) Immunization against hepatitis A. The hepatitis A vaccine provides protection within 4 weeks of having the vaccine and lasts for more than 10 years, if a booster dose is administered at least 6 months after the first dose.