

HEALTHY LIVING

Awareness of Blister Beetle Dermatitis and Preventive Measures

Outbreak of Blister Beetle Dermatitis is caused by rove beetles when it comes in contact with or is crushed on the skin.

Sign & symptoms:

- Erythema
- Burning sensation
- Necrotic lesion and crushing
- Pain and swelling
- Vesicles and Blisters

Most of the cases responded satisfactorily to therapy given which included topical steroid application, antihistamines and oral antibiotics where the secondary infection was noted. Lesions healed within 1 week in most cases.

Preventive Measures:

- **Prevention of contact with beetles is the primary method of preventing**
- Health education regarding signs and symptoms of blister beetle dermatitis thus creating awareness.
- Recognition of beetles and to avoid crushing these beetles against exposed parts of skin
- In suspected cases contact area should be washed with soap and water
- Regular checking of rooms for presence of beetles if present should be sprayed with insecticide and the carcass should be disposed of safely by avoiding direct skin contact.

- Removal of decaying vegetative matter around establishments to prevent breeding of beetles.
- Avoid use of artificial light that can attract the beetles
- Use of insect screens on windows and doors.
- Safe distance of bed from the wall. Use of bed net.
- Avoid manipulation of primary lesions and avoid rubbing of eyes after touching the primary lesions.

Influenza A H1N1

Top ten facts about H1N1:

- H1N1 Flu has been a part of seasonal flu infections in India. The virus keep changing form and names. Both of the latest strains are included in the flu vaccine for 2018 - 19.
- Flu-like symptoms appear within 3 days of exposure. That is fever, sore throat and cough. It spreads through airborne droplets and direct contact with hands contaminated with droplets.
- H1N1 is not serious in the vast majority of cases. There is no need to panic. Even If you develop symptoms there is no need to rush to see a doctor. Only those with persistent, severe symptoms and those who are in high risk category need medical attention.
- High risk category includes the very young, very old, pregnant women, people with diabetes or diseases of the immune system, heart, kidney or lung.
- If flu symptoms appear while in good health, take plenty of fluids and rest. Stay at home till 2 days after the fever has gone. This is especially important for school/college children who can spread the infection to large numbers of people.

- *Cough etiquette*: Never cough or sneeze directly at people under any circumstances. Cough or sneeze only at your bent elbow, not at your fingers.
- Wash your hands thoroughly and frequently. Do not shake hands with others, especially while having cold. This will reduce spread to others.
- Not everyone with H1N1 needs antiviral medicine, as it is a self - limiting disease among those in good health.
- Oseltamivir (Tamiflu) is used for those i high risk categories as decided by the doctor. Unnecessary use of medicine can lead to side effects and resistance.
- Diagnosis is by throat/nasal swab, sent to Virology units of Alappuzha or Manipal College. Routine flu symptoms do not require testing. In high risk patients, no need to wait for the test result before starting Antivirus.

Snake Awareness Alert

Death from snakebite is rare. Snakebites still occur and knowing what to do is important for anyone who spends time in areas where venomous snakes are found. It is important to be aware of the hazard snakes pose around campus, and what to do if you see or are bitten by one.

Caution Areas:

Whilst you should be cautious in all areas around the campus, you should be especially mindful of the possibility of a snake encounter around garden and bush areas, or any place that provides a dark warm refuge for snake. Try to walk through well-lit areas at night so you can see where you are walking on.

If You See a Snake:

Make sure to keep your distance and under no circumstances try to kill, capture or otherwise provoke a snake. If you spot a snake on campus, a trained and accredited snake handler should be utilized to capture and relocate the snake to a safe area. Simply **call Security Control Desk on 0471 2778028** to report the hazard.

Snake Bites:

If bitten by a snake, it is important to remain calm, alert someone and seek **medical attention by calling 0471 2778144**. First Aid should be applied as soon as possible (see snake First Aid Guide below). If bitten on campus or in the immediate surrounding areas, call the **Medical Emergency number on 0471 2778144**.

SNAKE BITE FIRST AID:

Warning

- **DO NOT** apply a tourniquet
 - **DO NOT** apply ice to the wound
 - **DO NOT** cut the bitten area
 - **DO NOT** try to suck venom out of the wound
1. Reassure the patient.
 2. Check for hazards and ensure the snake does not still pose a threat.
 3. Ensure the patients keep movements to a minimum.
 4. Keep the bitten area below the heart. This is done to slow the flow of the venom.
 5. Get to Hospital immediately. Traditional remedies have NO PROVEN benefit in treating snakebite.
 6. Tell the doctor of any systemic symptoms that manifest on the way to hospital.