

HEALTH CHECK

Guard your child against viral infections

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GURGAON: The city has witnessed a sudden increase in the fever cases involving children during the past few weeks.

Besides, coughing and sneezing cases are also on the rise.

“Respiratory viruses are the root cause of the problem. There is a 50% increase in number of patients compared to last year. These children are suffering either from viral fever or typhoid fever. Dengue patients are also pouring in,” said Dr Rajiv Chhabra, head of paediatric and neona-

PREVENTIVE MEASURES

- Don't let temperature go beyond 100 degree F.
- One can wait for two days maximum but if temperature does not come down then immediately consult a doctor.
- Keep the child hydrated as generally during fever, a child could have the problem of

dehydration.

- Wash your hands properly before and after attending the child.
- Use a sanitizer.
- Take precautions and avoid coming into contact with the person suffering from cold and cough.

tal department at Artemis Health Institute.

“When a child suffers from these problems, parents start administering drugs on their own. It can be dangerous. If a

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DR RAJIV CHHABRA
head of paediatric dept, Artemis

here suffering from high fever. Out of 100 children, 60 are suffering from this problem.”

“This is due to a sudden change in weather. We need to be extra cautious. If a child is suffering from fever, his fever should be monitored regularly. And if temperature goes beyond 100 degree F, parents should immediately consult an expert,” he said.

child suffers from fever, he or she should be taken to a doctor,” he said.

Dr Vineet Kwatra, senior consultant at Paras Hospital, said, “Children are coming