

PRESS RELEASE



DM&HO Issues Monsoon Public Health Advisory

Shillong, July 20, 2026: In view of the onset of monsoon season, the District Medical & Health Officer, East Khasi Hills District, has issued a health advisory wherein the public are advised to take necessary precautions against common seasonal diseases during the period.

The health advisory underlined the common monsoon related diseases such as mosquito borne diseases, scrub typhus, water and food borne diseases, and mushroom poisoning.

The preventive measures include: not allowing water to stagnate in and around the house including in old and discarded items like tyres and containers; using of mosquito nets/repellents and to wear full sleeved clothing especially during evening, early morning hours and outdoor walk; to avoid contact with dirty/flood water and if exposed to wash immediately with soap and clean water; to store cooked food properly (refrigerate within two hours) and reheat thoroughly to 75°Celsius, and not to consume stale or uncovered food; to wash hands thoroughly with soap before eating, cooking, after toilet use, and after handling animals; maintain household sanitation and proper waste disposal to prevent rodent infestation; not to wash soiled clothes/linen of diarrhoea patients in or near the streams, springs, or drinking water sources; not to defecate uphill or near water sources, as rainwater may contaminate drinking water supplies, avoid rearing pigs in close proximity to living areas, where feasible; and not to consume wild or unknown mushrooms.

Special advisory for institutions, schools and offices include: to conduct weekly day-to-day activities to eliminate stagnant water; to maintain campus cleanliness and proper waste disposal; to ensure availability of safe drinking water and adequate sanitation facilities and to report unusual clustering of fever/diarrhoea cases immediately to the nearest health facility.

The advisory also states that most seasonal diseases can be prevented through proper hygiene, clean environment, avoiding exposure, and seeking timely medical care.