

Public health Advisory



With the recent reports of **Guillain Barre' Syndrome (GBS)** in the media, the department of Health and Family Welfare would like to reassure the public that the department is having a sustained surveillance mechanism in place to see that no outbreaks occur.

What is GBS?

Guillain-Barré Syndrome is a rare disorder in which the body's immune system attacks the peripheral nerves. It often follows an infection such as respiratory illness, gastroenteritis, dengue, or Zika virus.

What are the **symptoms**?

- Weakness and tingling or numbness which develop first in the legs
- Difficulty walking or climbing stairs
- Loss of balance or coordination
- Trouble breathing, swallowing, or speaking (needs urgent medical attention)

What **Precautions** to take:

- **Seek medical care early** if any of the above symptoms appear.
- Avoid self-medication or delaying hospital visits.
- Maintain good hygiene to prevent infections.
- Avoid contaminated and raw food.
- Protect against mosquito bites in areas where dengue or Zika is present.
- Build up your Immunity by eating healthy and nutritious foods.

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Issued in public interest

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