

# KENT HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

Khilwat, Hajipur, Vaishali, Bihar

## PUBLIC HEALTH ADVISORY

### Preparedness Against Health Impacts of El Niño Conditions

The Ministry of Ayush, Government of India, has issued an advisory regarding possible health impacts associated with El Niño conditions. All students, faculty members, staff, patients, and the general public are advised to take the following preventive measures:

### Possible Health Risks

- Heat stress and heat-related illnesses
- Water-borne diseases such as diarrhoea and gastroenteritis
- Vector-borne diseases such as dengue and malaria
- Respiratory infections and allergic conditions
- Increased health risks among vulnerable populations

### Preventive Measures

1. Drink adequate amounts of clean and safe water and remain well hydrated.
2. Avoid direct exposure to sunlight during peak afternoon hours.
3. Wear light, loose-fitting cotton clothes and use protective measures such as umbrellas or caps.
4. Maintain proper sanitation and consume freshly prepared food only.
5. Prevent mosquito breeding by avoiding water stagnation around houses and institutions.
6. Wash hands frequently and maintain personal hygiene.
7. Seek immediate medical attention in case of high fever, dehydration, breathing difficulty, persistent vomiting, altered consciousness, or other severe symptoms.

### Special Care for Vulnerable Groups

Special attention should be given to:

- Children
- Elderly persons
- Pregnant women
- Individuals suffering from chronic diseases such as diabetes, hypertension, asthma, and heart diseases.

### AYUSH Recommendations

Adopt healthy lifestyle practices including:

- Adequate hydration and balanced nutrition
- Regular sleep and physical activity
- Yoga and stress management practices
- Consultation with qualified Ayush practitioners whenever required

For any medical assistance, kindly contact the Hospital OPD of Kent Homoeopathic Medical College & Hospital.  
Issued in public interest as per Ministry of Ayush Advisory.

*Kull*  
11/07/26  
Principal / Medical Superintendent  
Kent Homoeopathic Medical College & Hospital  
Khilwat, Hajipur, Vaishali, Bihar

PRINCIPAL  
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KHWAT-HAJIPUR

