

# Water-borne ailments on rise

**ALARMING** Capital's hospitals and clinics are witnessing rush of patients suffering from various water-borne diseases

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**NEW DELHI:** Hospitals and clinics in the city are being flooded with people suffering from various water-borne diseases such as gastroenteritis, jaundice, typhoid, stomach flu etc., owing to large-scale water contamination.

"Apart from other viral infections, hepatitis E, which transmits through the fecal-oral route, is common in this season because of contaminated water supply," said Dr Rommel Tickoo, senior consultant, department of internal medicine, Max Hospital.

Water-borne diseases are infectious diseases that spread through contaminated water. A person falls sick after drinking polluted water either directly or when such water is used for cooking, washing or other personal purposes.

Drink only boiled water, doctors say. "Boil water for two-three minutes or put chlorine tablets in drinking water. Wash hands before eating or cooking and after you cough or sneeze. Maintaining basic hygiene can reduce the infection rate," said Dr SK Acharya, head of department, gastroenterology, Aiiims.

## THE WATER-BORNE DISEASES

Here's an insight into some common ailments during this season, their symptoms and how you can prevent them from infecting you

### TYPHOID

**It is an intestine disorder**

- Continuous high fever around 103°Fahrenheit for about two weeks, which rises in the evening and falls a bit in the morning.
- Weakness, fatigue and shivering
- Dry tongue coated with white patches in the central region
- Watery stool

### JAUNDICE

**It is a liver disorder**

- High fever and headache, yellow coloration of the eyes, skin, tongue and urine.
- Loss of appetite, nausea
- Constipation, extreme weakness

### CHOLERA

**Infection of the small intestine**

- High fever
- Profuse watery diarrhoea, dehydration and abdominal pain
- Vomiting and cramps in the muscles



### GASTROENTERITIS

**Commonly called stomach flu causes inflammation of the gastro-intestinal tract**

- Severe abdominal cramps
- Nausea and vomiting
- Diarrhoea

### HEPATITIS E

**Spreads through fecal-oral transmission**

- Jaundice with yellow-coloured skin/urine/stool etc.
- Loss of appetite, fever and vomiting etc.

### HEPATITIS A

**The disease is also a form of jaundice and almost similar to hepatitis E**

- Jaundice, nausea, vomiting, low-grade fever, diarrhoea and fatigue etc.

### PREVENTION

- Improve sanitation to prevent the disease. Maintain adequate personal hygiene
- Drink boiled or purified water
- Eat fresh food

## Agencies fail to act as residents complain of water contamination

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**NEW DELHI:** The tap water in your house, which appears clean, might be carrying a host of germs. Claims of residents complaining about contaminated water have been corroborated by the MCD's health department which claims that a number of water pipelines are crossing through sewerage lines of DJB.

As many as 67 pipelines in the city are crossing through sewerage lines of Delhi Jal Board (DJB). This data was found during an inspection carried over six months by the MCD after it received reports of more than 200 cases of cholera being reported from across the city.

While residents have been complaining to the DJB but they claim till date no action has been taken by the board.

"In our areas the pipelines are very old and were laid nearly 25 years back. Over a period of time they have rusted and

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SUBASH SAHNI  
president of C-4 RWA, Vasant Kunj

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HARVINDER SINGH  
general secretary, Lajpat Ngr III RWA

sewage water gets mixed with drinking water which is supplied to our area. We have been writing to DJB officials about it but so far no action has been taken. I have been getting numerous complaints from the residents," said Harvinder Singh, general secretary of Lajpat Nagar III Resident Welfare Association (RWA).

He further said that in Lajpat Nagar III, block K, H, F, are facing an acute problem.

"The pipelines that carry the water in our colony were laid many years back and have rusted over a period of time. Hence, initially for at least 20 odd minutes the water that we get is brownish in colour which starts to improve if we leave the tap

running for sometime," said Subash Sahni, president of C-4, RWA, Vasant Kunj.

To overcome the problem, a number of residents have taken recourse to packaged water or have hired water tankers.

"We have been ordering 20 litre mineral water bottles everyday for a family of five members. Even the tanks are being treated with potassium permanganate so that the running water is usable," said Romy Anand, a resident of Sarita Vihar.

"The RO machine water also has an acrid smell and is not fit for consumption. This problem has been going on since the last three-four months and no one in the DJB is paying heed to our complaints," Anand added.