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# 5 ways to prevent childhood infections

Infectious diseases in children are quite common in India and put a burden on our health system. Imbibing some simple habits in our day-to-day life can prevent many childhood infections.



Dr Sham Bhosale

Vaccination is, of course, the most important aspect of preventive medicine. However it should be noted that vaccines are available against limited diseases and the protection offered may not be complete. So adhering to preventive guidelines as given below is always advisable even if your child is fully vaccinated.

1. **Hand washing:** Hand washing has gained attention, thanks to the swine flu pandemic. As was said in the old days, soap, water and common sense are the best preventive measures against catching any infection. Hand washing will not only keep droplet-borne infections like flu at bay, but will also prevent infections like dysentery, typhoid, and hepatitis.
2. **Use safe drinking water:** Fitting any standard water purifier at home is the basic investment you must do to protect all family members from water-borne infectious diseases.
3. **Avoid outside food:** Whenever we eat outside, either at a plush hotel or roadside eatery, we are risking catching infectious diseases like typhoid, hepatitis A and E, diarrhoea etc. It is best to avoid any kind of outside food for babies below two years of age.
4. **Avoid crowds and stay away from sick persons:** These are well-known

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measures to shield children from infectious diseases.

5. **Finally, a healthy well-balanced diet:** Such a diet will optimise the body's defence mechanism and keep children healthy and prevent recurrent infections.



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