

DHS ISSUES HEALTH ADVISORY

Panaji: August 25, 2026

Directorate of Health Services has informed that an increase in influenza activity in the State has been observed in recent weeks consistent with the seasonal pattern of respiratory infections during the monsoon period. Surveillance data indicate a mild rise in influenza positivity during July and August 2006.

As per surveillance data, Influenza positive cases increased from 6 in June to 44 in July and 73 cases as on August 20, 2026.

Directorate of Health Services has advised public to take necessary measure such as to cover the nose and mouth with a tissue or handkerchief while coughing or sneezing; wear a mask when experiencing respiratory symptoms and avoid close contact with others; wash hands frequently with soap and water or use an alcohol-based hand sanitizer; avoid touching the eyes, nose and mouth with unwashed hands; avoid crowded places, particularly when unwell.

Limit contact with others if experiencing fever, cough, sore throat or other respiratory symptoms; seek medical attention if symptoms are severe, persistent or worsening, particularly in young children, elderly persons, pregnant women and individuals with underlying medical conditions and follow medical advice regarding testing and treatment and avoid self-medication.

The increase is being monitored closely as part of routine influenza surveillance. The public is advised not to panic, and to remain vigilant and follow infection prevention measures to reduce the spread of respiratory infections.

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