

**EDITORIAL;****MANAGEMENT OF DISASTERS LIKE FLOOD. PAKISTAN FACED TERRIBLE FLOOD CALAMITY 2025**Asma<sup>1</sup>, Masood<sup>2</sup>**Author's Affiliation:**

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SABB; Literature search, drafting.

SMS; Conceptualization of project, literature search, writing manuscript, drafting.

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As of 17 September 2025, 998 people had been killed and over 1 million affected nationwide. By 10 September, another spell of monsoon swelled the numbers to 4.225 million people impacted, 1.8 million displaced, and another 46 killed, totaling to 883 killed since late June.

The 2025 Pakistan floods are a series of devastating floods triggered by heavy pre-monsoon rains in June 2025 and continuing throughout the monsoon season into September.

Natural disasters like hurricanes, earthquakes, and flooding including water and mosquito borne can cause diseases which are usually preventable like infections.

It is due to a vast ecological breakdown in the relation between humans and their environment, a serious or sudden event on such scale that the stricken community needs extraordinary efforts to cope with it, often with outside help or international aid. Disasters can strike anywhere in the world.

Three post-disaster stages

Relief, Recovery and Rehabilitation.

Stage-I Rescue	Immediate	Rescue within 01 week
Stage –II Recovery	Early	Recovery (1-4 week)
Stage –III Rehabilitation	Late)	Rehabilitation (after 04 weeks)

**Outbreak and Epidemic**

There multiple changes are seen in normal environmental ecological system. Due to floods these changes may cause increased risk of infections which are usually endemic to the area, resulting in more than usual infection in the population.

An outbreak may be defined as an increase in the number of reported infections in an area over the typical incidence rate for that type of infection. Outbreaks tend to be more localized. As an example, there have been recent reports of measles outbreaks. Epidemics, on the othe hand may be defined as the occurrence of a new or unusual infection affecting a large population

spread over an entire geographic region. An example of an epidemic may be gastroenteritis in the flood affected areas.

Outbreak of disease after disaster

1. Water and food borne disease
2. Chest diseases
3. Skin disease

The above said disease outbreak is usually due to following factors;

1. Overcrowding in camps
2. Poor sanitation
3. Infected water and food supply

Post-disaster infections

Water borne disease (Cholera), Foodborne Diseases (Leptospirosis, Hepatitis A, Hepatitis E, Bacillary dysentery, Typhoid fever), Respiratory infections (Respiratory syncytial virus, Influenza Measles, Meningitis, Pneumonia, Tuberculosis), Dermatologic infections (Staphylococcus aureus), Vector Borne Diseases (Malaria, Dengue virus, Chikungunya), Disease related to change in environment (Coccidioidomycosis).

Preventive measures

1. Vaccination
2. Shelter camps with facilities according to the weather (raining, summer, winter)
3. Safe water and food provision
4. Mosquitos and fly killer sprays
5. Medical camps for prompt and free medical treatment and management.
6. Surveillance of the diseases

### **Recommendation**

Now this is the time to make arrangements earlier to combat this calamity better than previous arrangements. The whole society including government should pay full attention in this regard and take necessary measures.

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### **References**

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