

Role of Labor Rules & Compulsory Health Insurance for the Staff in Shopping Markets, Restaurants & Other Food Shops affect the Spread of Infectious Diseases

Type: Short Communication

Received: April 23, 2026

Published: May 09, 2026

Citation:

Arunkumar G., et al. "Role of Labor Rules & Compulsory Health Insurance for the Staff in Shopping Markets, Restaurants & Other Food Shops affect the Spread of Infectious Diseases". PriMera Scientific Medicine and Public Health 8.5 (2026): 31-32.

Copyright:

© 2026 Arunkumar G., et al.
This is an open-access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Arunkumar G* and Seni MB

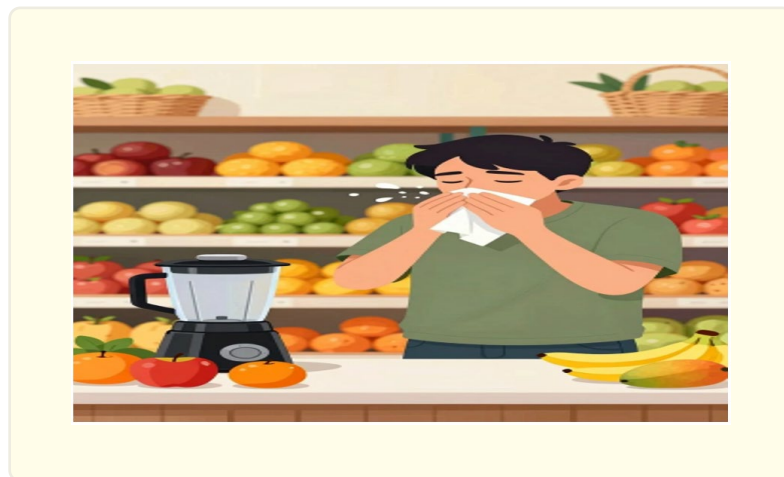
Medical & Public Writer, Solid Writers, Hyderabad, India

***Corresponding Author:** Arunkumar G, Medical & Public Writer, Solid Writers, Hyderabad, India.

Email ID: akg911247@gmail.com.

Introduction

Droplet infections are expelled from the respiratory tract when an infected person sneezes, talks or coughs or even breath heavily & these droplets may carry virus, bacteria or other pathogenic microbes that can directly transfer to other persons through direct inhalation or through contacts. Common types of fungal infections like ring worm and other related superficial fungal infections with specific symptoms such as itching, redness, and rashes are easily spread through direct contact or shared items. Here we focus on the role of labor rules & compulsory health insurance for the staff in shopping markets, restaurants & other food shops affecting the spread of infectious diseases.



Findings

Spread of viral & bacterial infections from shopping markets may be due to non-sanitizing hands or not using proper mask as well as not changing the mask on time while they have cold or related conditions. Most of the hotels as well as related shops including juice, sandwich shops staffs not get enough leave even they have severe cold & fever. This may be the chances of spreading droplet and

or airborne diseases. The chances of spreading skin fungal infection also if we not do the routine medical checkup. Manual mixing of floors, manual packing of food without proper gloves, sneezing in kitchen without proper safety measures, etc the reason to spread unfortunately that cannot be detected by the customers and they simply eat the food or drink the juice prepared by this infected person. However, in some areas we can see strict maintenance but in most of the small-scale areas the staff do not get any single day rest while their body temperature is more than 102°F.

Working hours, salary, leaves including sick leaves must be monitored by the concerned government bodies through strict measurement systems, employee's transparent complaint systems & make sure their awareness towards the employees, etc. are the only solutions to avoid spreading infections while they have any communicable diseases. Compulsory medical insurance, sick leaves, annual two-time dermatology test reports, etc. also play the major role to prevent spread and protect a major category of employees to maintain a good lifestyle.

Conclusion

Apart from the knowledge of spreading infectious diseases this communication may get a wide relief from the struggles faced by the employees in small-scale food industries, groceries, etc. This short note will make a wide change in the society through obeying employment rules especially sick leaves through that we can protect our healthy population by block the chain of spreading infectious diseases. Most of the countries have very strict labor rules but these benefits not getting as such towards all employees in many countries, especially small-scale hotels, juice shops, groceries, etc. in which huge number of populations has direct contact with the employees without gloves, masks, sanitized hands, etc.

Acknowledgement

I convey my sincere respect to my parents, gratitude to my colleagues & all my friends who are supporting my research & innovations.

References

1. WHO. Hand Hygiene Technical Reference Manual (To be used by health-care workers, trainers and observers of hand hygiene practices). World Heal Organ (2009).
2. Prazmo Z. "Exposure to airborne Gram-negative bacteria, dust, and endotoxin in paper factories". *Ann. Agric. Environ. Med* 10 (2003): 93-100.
3. Issakhov A, Omarova P and Borsikbayeva A. "Assessment of airborne transmission from coughing processes with thermal plume adjacent to body and radiators on effectiveness of social distancing". *Environ Sci Pollut Res* 29 (2022): 66808-66840.