



## HEALTH TIPS & PRECAUTIONS TO TAKE DURING THE MONSOON

The monsoons are a welcome change from the sweltering summer heat, but they bring some very unwelcome guests which must be avoided at all costs.

We've all heard this before - to stay healthy and happy in the monsoons, we must take precautions during rainy season.

- 1. Follow a healthy Diet :** This is the season where the body and especially the digestive system are most prone to infection. Only drink water that is filtered or boiled. Preferably avoid raw vegetables, salads and chaats unless they are consumed at home where you can wash and clean them thoroughly. Take Vitamin-C to boost your immunity.
- 2. Avoid walking in the rain :** As it is tempting to walk in rain but water makes you prone to a host of viral diseases, which can cause numerous fungal infections in the feet and nails. In case your feet get wet, dry them immediately and do not stay in wet socks or shoes. If your clothes get wet, do not sit in an AC environment or change them immediately.
- 3. Keep clear of damp indoors :** Damp walls are home to fungus growth and an absolute no-no if you suffer from asthma or any other breathing problems.
- 4. Don't leave home without a mosquito repellent :** Accumulated water is a breeding ground for insects and the monsoons are party time for malaria. The over cautious can take a dose of anti-malaria drugs.
- 5. Avoid touching your eyes:** Eye Infections like conjunctivitis, stye, dry eyes and corneal ulcers are common during the monsoons. This can lead to blindness if ignored. Refrain from touching eyes especially with dirty hands. Those who spend long hours in front of a screen - television or computer - may also experience redness, itching or irritation. Consult a doctor immediately.

One of the major problems suffered by people during the monsoon season is reduction of immunity level in body. Today, there are ways in which you can easily increase your immunity level through home remedies. Whenever you are preparing soup, add a clove of garlic at the beginning once the oil is hot. This will increase immunity level of an individual during monsoon.

**Warren Health Deptt.**