



Monsoon Care : Prevent Seasonal Illnesses & Stay Protected

The monsoon season brings relief from the heat, but it also increases the risk of infections due to stagnant water, high humidity, mosquito breeding, and contaminated food and water. Take these simple precautions to protect yourself and your family throughout the rainy season.

Common Monsoon Illnesses

- Dengue: High fever, body pain, rash
- Malaria: Fever with chills, sweating, weakness
- Typhoid: High fever, stomach pain, loss of appetite
- Viral Fever: Fever, cough, fatigue
- Stomach Infections: Vomiting, diarrhoea, stomach cramps

Stomach Infections

- Vomiting
- Diarrhoea
- Stomach cramps

Stay Protected this Monsoon

- Drink only boiled or filtered water.
- Eat freshly prepared, hygienic food.
- Wash your hands regularly with soap and water.
- Prevent stagnant water around your home.
- Use mosquito repellents and mosquito nets.
- Keep your surroundings clean and dry.



Boost Your Immunity

- Eat a balanced, nutritious diet.
- Stay well hydrated.
- Exercise regularly.
- Get adequate sleep and rest.

When to Seek Medical Help

Consult a doctor immediately if you experience:

- High fever lasting more than 2 days
- Difficulty breathing
- Persistent vomiting
- Signs of severe dehydration
- Bleeding or extreme weakness

Most monsoon-related illnesses can be prevented with good hygiene, safe food and drinking water, effective mosquito control, and timely medical care. Early diagnosis and prompt treatment lead to faster recovery and help prevent complications.