

# Stay Safe in this Rainy season



Follow some tips to stay healthy during rainy season.

- **Drink Clean Water:**

The rainy season is prone for contaminating water sources, increasing the risk of waterborne diseases. Always drink boiled or purified water.

- **Maintain Hygiene:**

Wash hands frequently with soap and water, especially before meals and after using the restroom. Avoid touching your face with dirty hands.

- **Eat Healthy and Fresh Food:**

Avoid street food and prioritize home-cooked meals. Wash fruits and vegetables thoroughly to reduce microbial contamination.

- **Protect Against Mosquitoes:**

Mosquitoes breed in stagnant water, so eliminate any standing water around your home. Use mosquito repellents, wear long sleeves and pant, and consider using mosquito nets.

- **Stay Hydrated:**

Drink plenty of fluids, even if you don't feel thirsty, to stay hydrated and aid digestion.

- **Get Enough Sleep:**

Adequate sleep is essential for maintaining a healthy immune system.

- **Avoid Dampness:**

Change out of wet clothes promptly and dry your hair thoroughly to prevent colds and other infections.

- **Get Medical Advice:**

If you experience any symptoms of illness, consult nearest medical centre.

**STAY POSITIVE, STAY SAFE**