



# GOOD HEALTH MATTERS

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## All you need to know about Monsoons....

### What Are the Most Common Monsoon Diseases in India?

The most common diseases during monsoons are transmitted through 4 major mediums: mosquitoes, water, air, and contaminated food. Here's what you need to know about them:

#### A. Mosquito-borne diseases

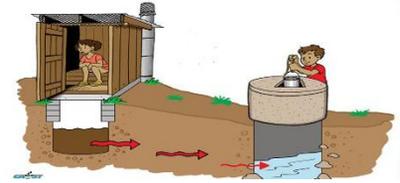
Monsoons are the breeding season for mosquitoes and mosquito-borne diseases. India bears a huge burden of mosquito-borne diseases, contributing 34% of global dengue and 11% of global malaria cases.

**-Malaria - Dengue - Chikungunya**  
How to Stay Safe from Mosquito-borne Diseases This Monsoon



**Malaria, Dengue, and Chikungunya come with high fever, chills, body aches, and fatigue.** If you notice any of these symptoms, consult a doctor immediately. However, you can also follow these precautionary measures as monsoons begin:

- ✓ Use mosquito nets in your house
- ✓ Don't allow water to stagnate or collect anywhere in and around the house
- ✓ Maintain hygiene and wash your bathrooms regularly
- ✓ Use mosquito repellants/creams before stepping out of the house



#### B. Water-borne Diseases

According to the World Health Organization (WHO), more than 3.4 million people are affected by water-borne diseases in India. Children are the easiest victims because of a developing immune system that is prone to contracting diseases. The most common water-borne diseases are:

**Typhoid -Cholera -Leptospirosis -Jaundice - Gastro-intestinal infections -Hepatitis A**

How to Stay Safe from Water-borne Diseases This Monsoon

Here are a few preventive and precautionary measures you can take to stay safe from water-borne diseases:

- Always boil water and wash fruits and vegetables thoroughly before consumption
- Keep your foods covered at all times and avoid consumption of outside food
- Ensure personal and environmental hygiene is maintained at all times (carry a hand sanitizer or wash your hands often)
- Ensure open drains and potholes in your locality are covered
- Get your children vaccinated if they are not already

# 10 Simple Health Tips For Monsoon!

1. Increase vitamin C intake
2. Avoid junk food
3. Do Not store stagnant water
4. Add a disinfectant to the bathwater
5. Care for your fruits and vegetables
6. Hand hygiene is crucial
7. Take all precautions against mosquitoes
8. Protect yourself against the allergens
9. Keep a safe distance from sick people
10. Say no to wet shoes

## C. Air-borne Diseases



Cough



Viral fever



Sore throat

Monsoon brings with it multiple air-borne infections that are transmitted by tiny pathogens (disease-causing viruses) through the air, resulting in the common flu, viral fever, cold, cough, and sore throat. They are mostly mild and can cause minor infections in adults. However, due to a weak or developing immune system, senior citizens and children are more prone to infections during this season. The most common air-borne diseases are:

### Cold and flu Influenza

- How to Stay Safe from Air-borne Diseases This Monsoon
- Air-borne diseases are most easily transmitted from person-to-person. A few precautionary measures will ensure a happy and flu-free monsoon:
- Cover your mouth and nose while coughing or sneezing
- Drink warm water every few hours and carry your own boiled drinking water
- Keep your children away from people who are already infected and ensure they wash their hands and feet thoroughly once home from outdoors
- Ensure your homes are well-ventilated at all times

### Rainy Season Hygiene Tips

1. **How to keep the house germ-free.**
  - Wash your hands and feet after coming home.
  - The best hygienic practice to follow during the season is to shower in warm water when you return home.
  - If you do not have the time for a shower, wash your hands and feet thoroughly with warm water infused with antiseptic liquid.
  - When outdoors, keep a hand sanitizer in your bag and use it before and after meals or after touching shared surfaces.
2. **Wash your clothes regularly.**
3. **Clean your footwear every few days.**
  - Do not wait for your footwear to smell bad before you wash it – give it a good scrub every two days to remove trapped dirt, mould and other impurities.
4. **Keep the kitchen and bathroom clean**
  - Use a strong tile and floor soap in your

- Use a strong tile and floor soap in your cleaning water, wipe down the cooking tops, stove, faucets, toilet seat, switches, towel rods and door knobs with Antiseptic Liquid.
  - Also, disinfect the toilet bowl once a week to keep illness-causing germs away.
5. **Get a pest control treatment done.**
  - Fumigating the house gets rid of mosquitoes and flies, while sprays and gels remove cockroaches, ants and spiders. Also get any cavities in the walls or pipes sealed so that rats and lizards do not enter the home.

### What to eat and what not to eat during monsoon:

- Avoid foods with high water content- Eating foods which have high water content like lassi, watermelon, rice, muskmelon may cause body to swell due to water retention. So, it's better to opt for foods like corn, gram flour, chickpea etc.
- Opt for yogurt, curd and almonds in your diet instead of milk, especially during daytime.
- Take foods which have high amount of fiber and protein such as brown rice, multigrain rotis, oats, and barley.
- Add a clove of garlic to soups, sir fries and curries since it helps in increasing immunity
- Seafood, fish, mutton, cold cuts, raw or semi cooked egg should be avoided as they're heavy on the stomach and with the digestion system slowing down, it leads to indigestion. Lighter preparations like stews and soups should be consumed.
- Drink boiled or filtered water to avoid water-borne infections.
- Consume vegetables like bitter gourd, and medicinal herbs like neem, turmeric powder and methi seeds that boost your immunity.
- Preferred oil in rainy season is ricebran oil or other light oils.
- Eat a lot of fresh fruits like apples, mangoes, pomegranates, and pears as they help in restoring energy. But avoid eating cut fruits and salads outside.
- Drink herbal tea, especially those with antibacterial properties. For examples ginger, pepper, honey, mint, cinnamon licorice, moringa, lemon tea and basil leaves tea.
- Better to steam or re-cook food before consumption, especially salad and boiled rice.

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"You cannot protect yourself from sadness without protecting yourself from happiness." - Jonathan Safran Foer



Wonders of Wellness