



Monsoon Wellness

Monsoon can be enjoyed without any sickness if you follow certain proactive preventive measures.



Illnesses like **Malaria**, **dengue** and **Chikungunya** through **mosquito bites** are very common. Watch out for mosquito breeding in stagnant water near terraces, gardens and workplaces.

Empty the containers, buckets etc, to prevent mosquito breeding. Use repellent creams etc to repel them. Clean the corners and areas behind the screens. **Mosquitos** are good in playing hide and seek.



Avoid **mold buildup** by keeping workstations, footwear, phones, and keyboards dry and clean.



Stay dry to prevent fungal infections, respiratory issues, and hair problems caused by **wet clothes and hair**.



Food poisoning is very common as the street food/ hotel food keeps getting contaminated, through water/ flies/ unhygienic handling. **Skip street food; opt for homemade snacks and boiled or filtered water only.**



Boost immunity with seasonal fruits like **papaya, guava, pomegranate**, and spices such as **ginger, turmeric**,



Warm up with **hot soups and herbal teas** to stay healthy.



Don't forget your eight hours sleep and Sun exposure.



Apply coconut oil **inside nostrils** twice daily



Wash hands regularly after rain exposure.



Gargle warm salt water daily. This will restrict the proliferation of disease causing microbes



Use **steam inhalation** with **eucalyptus** oil and **plug ears** at night to reduce infections.

Keep **emergency contacts** and your **doctor's number** saved on your phone.

Know the **location** of the **workplace first aid kit.**

Don't ignore symptoms and **avoid self-medication.**

Stay safe and productive this monsoon season!

For doubts and queries, please reach out:

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