

## **WE WANT YOU SAFE.....KEEP MONSOON DISEASE-FREE**

The long awaited monsoon season is here, bringing relief from the heat; but the moderate temperatures and humidity are also a breeding ground for various viral infections as well as mosquito, food and water borne diseases.

To guard against these, here are a few tips to stay healthy during the rains:-

### **Battling the Mosquito menace to fight Malaria,Dengue and Chikungunya**

- Get rid of stagnant water around your house, in discarded flower pots, cans , tyres, buckets, coolers, ditches and drains
- Use mosquito repellants outdoors and indoors, in the form of sprays, creams, coils and electronic liquid dispensers
- Keep windows and doors shut, to prevent mosquitoes entering your house
- Wear clothes which cover your arms and legs to prevent mosquito bites

### **Prevent Waterborne infections- Acute Gastroenteritis, Jaundice and Typhoid**

- Drink and carry filtered/boiled water from home, bottled water when outside
- Wash hands frequently, especially before and after meals, after visiting the washroom
- Use and carry hand sanitizers with you
- Avoid eating outside, specially raw , pre-cut and uncovered food sold in the open ,like chaat, salads, fruits and juices
- Eat freshly made home cooked food and discard leftovers as far as possible

### **Guard against Airborne infections- Viral fever ,Conjunctivitis and Influenza**

- Avoid shaking hands, sharing food ,water and clothes, with someone who is sick ,or when sick yourself
- Wash hands frequently, as well as use hand sanitizers often, to avoid being infected
- Minimize contamination of hands, avoid touching door handles, table tops, lift buttons, stair banisters, railings in public places
- Cover your mouth when you sneeze or cough, to avoid infecting people around you
- Use disposable tissues if you have cough and cold and discard them immediately after use
- Improve your immunity by getting adequate sleep, at least 8 hours, drinking 3 liters of water every day and eating a healthy diet with fruits

- Take rest and stay at home if feeling unwell for a speedy recovery and to avoid infecting others

From your School Doctor  
Dr. Sunila Rai