



RAINS



The Monsoon has hit us full force! And while we may enjoy it, sitting in our houses watching it pummel the trees and streets below, should we just prevent our children from enjoying the rain and forming their own childhood memories? No. Take the following preventions for your children's sakes as well as your own and enjoy the joys of the monsoons.

Clothing & Foot wear Loose, cotton clothes are the best during monsoon. It is advisable to avoid jeans as they do not dry quickly. Ensuring that they never leave the house without an umbrella or raincoat. Use talcum/prickly heat powder in areas which are more prone to fungal infections. Do not wear wet shoes as this might lead to more infections. Avoid walking bare footed.

Follow a Healthy Diet Ensure your children partake of a healthy balanced diet containing a good amount of fresh fruit and vegetables. Avoid raw foods like salads wherever possible and wash the fruits and vegetables thoroughly try and eat cooked food. Avoid eating street-side food. Make drinking a daily bowl of hot vegetable soup or herbal tea mandatory for your entire family to boost their immunity.

Drink Enough Water Purified water helps fight against and prevent much illness. A well-hydrated body is better equipped to resist the cold and flu. In monsoon, sweat does not evaporate quickly as the humidity levels are high and this prevents the body from releasing heat so drink enough water.



Clean Hands Dirty hands are the primary route that germs, viruses, and bacteria take to enter and harm your child's immune system. It is important that your children wash their hands before touching any food. Usage of antiseptic liquid hand washes, or sanitizers is recommended.

Prevent Wet Walls Close your windows when it is raining heavily to prevent rain from entering the house. Walls take a lot of time to dry and may result in the growth of fungus, which is especially bad for children suffering from asthma. Do not allow children to play in or near puddles.

Avoid Stagnation Empty unused tanks, water coolers, flower pots, etc. and clean them thoroughly. Stagnant water is a breeding ground for mosquitoes, parasites, and anaerobic bacteria and a main cause of potent water-borne diseases such as Malaria and Dengue. Using mosquito repellents is of utmost importance during this season.

Eye care during monsoon Some of the common eye problems during monsoon are conjunctivitis, corneal ulcers, etc. Wash your hands after you touch your face or eyes. Do not share your eye medicines, towels, and handkerchiefs.

