

AHLCON PUBLIC SCHOOL
**Advisory on “Tips to Stay Healthy in
Monsoon Season”**

We are so good to welcome the monsoon showers after experiencing the scorching summer heat. But monsoons do bring certain health risks. Our body is more susceptible to health issues in rainy season, because monsoon reduces the immunity power of our body.

Our body constantly gets affected with allergies, infections, indigestion problems, so we must keep our body resistant against such diseases. The humidity in the atmosphere is usually high in this season; as a result the body's digestive capability goes down. The important point to keep in mind is that you must avoid oily food, street food or any type of food that is prepared in bulk else there is a possibility that it upsets your stomach.

Diet and Nutritional Tips

- Never eat if you are not feeling hungry, this is a solid cardinal mantra in monsoons. Doing so results in indigestion problems and illness.

- The damp and filthy conditions in monsoon play a host for many disease causing germs, which cause some serious health attacks like

- **Dengue**
- **Malaria**
- **Conjunctivitis**
- **Typhoid**
- **Viral fever**
- **Pneumonia**
- **Gastro intestinal**
- **Diarrhea and dysentery**

IF YOUR IMMUNE SYSTEM IS WEAK, YOU MAY CATCH THESE DISEASES INSTANTLY. HENCE TO PROTECT YOURSELF TAKE THESE COUNTER MEASURES.

- **' What to eat and what not to eat during rains'.**
- **Eat** fruits as they help you restore energy. **Apples, mangoes, pomegranates, and pears** are best suggestible. **Avoid watermelon and muskmelons ..**
- **Opt** for **yogurt, curd and almonds** in your diet instead of **milk**.
- **Drink** only **boiled or purified water** to protect yourself from harmful germs and drinking plenty of water keeps your body hydrated.
- People who face **skin allergies** during rainy seasons must avoid spicy foods.
- **Spicy foods** raise body temperature and stimulate blood circulation and it leads to allergies and skin irritation. Other problems such as boils, change in skin colour dullness, rashes, are also some skin damaging effects which arise in this season
- Drink lots of herbal teas, especially those with antibacterial properties. These include ginger, pepper, honey, mint and basil leaves. Excessive intake of coffee and tea dehydrates body fluids so they must be better avoided.
- **Eat steamed salads** instead of raw vegetables as they contain active bacteria and virus that cause bacterial and viral infections.
- **Avoid eating fried items, pre- cut fruits and juices** from road side vendors and stick to high quality and hygiene.
- **Always wash vegetables well** and keep them clean especially if they are take raw.

"Following these guidelines helps you and your family to stay safe and healthy during monsoons. Always binge on nutritional food and be hygienic ,by taking necessary precautionary measures like, washing hands before and after having a meal, etc. "

TOP HEALTHY CHOICES THIS MONSOON

- Stick to freshly cooked food
- Eat in moderation
- Drink only boiled and filtered water
- Hand wash and bathe with soap and clean water
- Opt for yogurt, curd, almonds in your diet
- Drink lots of herbal teas, especially that having antibacterial properties
- Avoid eating fried food, pre- cut fruits & juice from road side vendors
- Eat fruits as they help you restore energy

HAVE A SAFE AND HEALTHY MONSOON

HEALTH AND SOCIAL WELFARE CLUB