

Health Tips For A Rainy Day!

Water, water everywhere...

During the monsoon season, we are at the risk of consuming contaminated food and water. In case we are in flood-prone areas, we are also exposed to Leptospirosis. And, if we let water accumulate in and around our residences, we are potential targets for disease-carrying mosquitos. So, while you take pleasure in revelling in bounteous nature refreshing itself, do remember to take adequate precautions to stay safe.



Food and Water Safety



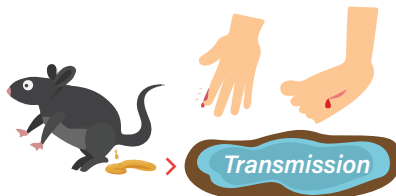
- Drink water from 'safe' sources only.
- Preferably, use a filtration device at home (a RO filter is unnecessary in most situations, unless you have high levels of minerals in your drinking water source).
- Carry your own drinking water when going outside your home.
- Boil water at home for drinking and keep covered, in case you don't have a filtration device.
- You can also use chlorine tablets to disinfect water. (Follow manufacturer's instructions)
- Avoid eating cut fruits and salads. Prefer to eat hot, cooked foods only. Avoid street foods.



Leptospirosis

What is this?

- Leptospirosis is an infectious disease caused by bacteria found in the urine of rodents, cattle, pigs, etc. This animal urine contaminates water bodies and when humans enter such water, they can get infected through exposed skin.
- In case of fever during the rainy season, do not omit mentioning to the doctor about any exposure to potential sources of infection, such as wading through flooded fields or streets.



How to prevent it?

- Do not bathe, wash face or hands in dirty water.
- Do not enter or work in potentially contaminated water without rubber boots.
- At the end of the day, always thoroughly wash your feet with soap & water and keep dry.
- Seek medical attention in case of fever, bodyache or muscle pain.



COVID Appropriate Behaviour works to keep us safe from the Coronavirus.

