



HSE BULLETIN # 91

RAINY SEASON, COVID-19 AND OUR HEALTH

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We usually experience monsoon as refreshing, lovely and soul elevating season, yet it can jeopardize our health in the form of various infections and diseases. With the COVID-19 pandemic still raging across the world, monsoon is bound to be even more difficult this year. Health conditions evoked by rainy weather and COVID-19; when combined are therefore of vital importance in 2020.

To remain safe and appreciate the rainy weather amid COVID-19 health crisis, here are few basic health tips:

Health Precautions during Monsoons

Follow precautions for COVID-19 such as social distancing of two meters, washing hands with soap and water after touching surfaces and covering face with mask.



Avoid walking in dirty water. Besides leptospirosis, it can lead to fungal infections of the feet and nails. Prefer to use plastic or rubber shoes in rainy season.



To protect against water-borne diseases, use boiled, filtered or bottled mineral water. Follow a healthy diet; eat vitamin C & D rich foods in routine to boost immunity.



When wet due to rains, avoid entering rooms cooled through air conditioning to avoid cold and body aches. Wash hands, feet and legs if soaked due to rain.



Stay away from foods sold on the road side stalls to avoid suffering from gastro-intestinal infections. Prefer to consume only freshly cooked food.



Avoid rain water stagnation at and near house & offices to prevent breeding of mosquitoes. Use insect repellents to stay away from Mosquitoes.



MONSOON AND COVID-19

Be Informed Be Cautious Be Prepared

HEALTH SAFETY & ENVIRONMENT

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