

## Be Rain-Ready

### 5 Tips For Maintaining Health And Well-Being During Rains

#### 1 TRY TO STAY DRY

Carry an umbrella or raincoat, wear protective footwear such as rubber boots, slippers or sandals to prevent slipping, and opt for quick-dry polyester or nylon clothing. Keep spare clothes for emergencies.



#### 2

#### BOOST YOUR IMMUNITY

Drink teas mixed with herbs and spices like ginger, basil, peppermint or turmeric, and warm soups. Make and keep an ORS bottle handy (Add 6 teaspoons sugar, and ½ teaspoon salt in 1 liter of clean water).



#### 3

#### AVOID CONTAMINATION

Avoid stagnant water and drink clean, boiled, or filtered water. Choose home-cooked meals to minimize infection risks.



#### 4

#### SAFEGUARD YOUR HOME

Maintain good drainage, fix roof and wall leaks to prevent seepage, and use mosquito nets or repellents to guard against diseases like malaria and dengue. Keep your home dry and well-ventilated to prevent mould and fungus growth.



#### 5

#### BE AWARE OF MAJOR DISEASE RISKS

Rains can increase the risk of waterborne and vectorborne diseases such as diarrhoea, cholera, dengue, malaria etc. Stay away from stagnant water and use nets or mosquito repellents to protect yourself from mosquitoes breeding in stagnant water



### TAKE ACTION. GET HELP:

#### Diseases

Rains increase the risk of waterborne and vectorborne diseases which are carried by bacteria, viruses, fleas or mosquitoes, and some of these are: **Dengue, Malaria, Chikungunya, Diarrhea, Cholera, Typhoid**



#### Symptoms

The onset of these diseases can be identified by some of the following common symptoms: **Fever, body aches or muscle pain, headache, shortness of breath, confusion, disorientation, vomiting, watery stools, nausea, dehydration, lack of energy and reduced appetite.**



#### Action

If you notice symptoms related to these diseases and they persist for more than 4 days, consult your nearest ASHA worker or Primary Healthcare Provider immediately. These diseases can be fatal if not treated within time.



### PRIORITIZE TO PROTECT



Elderly



Infants and Children



Pregnant Women



Outdoor Workers:  
Street Vendors,  
Construction Workers,  
Farmers, Fishers, etc.



People with Disability



Individuals with Chronic Diseases



Any other sociocultural and economic minority in need of help according to your sound judgment.

✉ For further assistance or inquiries, contact us at [contactus@catalysts.org](mailto:contactus@catalysts.org).

**REMEMBER, PREPAREDNESS IS KEY**

