

# Precautions to be Taken During Rainy Season: Don't Miss These 7 Safety Tips

Rains provide relief from the sweltering heat of the summer season. However, monsoons also bring with it certain unwelcome diseases. Coughs, fever, and infections are common in the rains.

Here are a few tips and precautions you may adhere to during the monsoon, to avoid getting sick.

- **Follow a healthy diet**  
During the monsoon, your body is prone to infections. Most diseases in the rainy season are waterborne and drinking filtered or boiled water is essential. Avoiding raw foods like salads is also beneficial to stay healthy in this season.
- **Wear good quality footwear**  
One of the most important precautions to be taken during the rainy season is to ensure that you are wearing footwear that does not slip easily, or you may fall and injure yourself.
- **Avoid eating street foods**  
Eating street food is one of the biggest causes of various diseases in the monsoon. Outside foods are prepared in unhygienic conditions and are prone to various infestations. It is recommended you consume hot home-prepared food to stay healthy.
- **Keep mosquitoes out**  
Stagnant water results in mosquito breeding. It is important to ensure you keep them out. Maintain cleanliness at home to avoid mosquitoes. Moreover, you must regularly clean flower pots and check the corners to ensure there is no water accumulation. In addition, use mosquito repellent to avoid diseases.

Even after adhering to the rainy season safety tips, you might fall sick. It is crucial you do not ignore your symptoms and consult a doctor immediately as soon as you feel unwell.