

Monsoon Disease Prevention

Simple household measures for rainy-season health

Prevent mosquito-borne disease

- Empty standing water from containers, trays, tyres and coolers regularly.
- Use screens, nets and appropriate repellents.
- Wear clothing that reduces exposed skin when mosquito exposure is high.

Prevent food- and water-borne disease

- Use safe drinking water.
- Wash hands before preparing/eating food and after using the toilet.
- Prefer freshly cooked food and safe storage.
- Avoid food exposed to flies or unsafe water.

Protect skin and feet

- Keep feet dry when possible and clean small wounds promptly.
- Avoid wading in contaminated floodwater unless necessary.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.