

Monsoon disease prevention – Hygiene

“In monsoon, clean hands matter more than ever.”



Rainy weather brings more than damp clothes and muddy shoes — it also increases exposure to germs through shared surfaces, wet spaces, and contaminated hands. Poor hygiene during monsoon can quickly lead to infections affecting the stomach, skin, and respiratory system.

Daily hygiene habits that protect you:

- Wash hands regularly with soap and water
- Avoid touching your face with unclean hands
- Keep nails short and clean
- Dry feet properly after getting wet
- Change out of damp clothes and shoes quickly

Monsoon infections often begin with small hygiene lapses people do not notice. Stay dry, stay clean, and reduce the risk before it builds up.

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