

Monsoon disease prevention – Hydration

***“You may sweat less in monsoon —
But you still need water.”***

Many people drink less water during the rainy season because they feel less thirsty, but the body still needs hydration for digestion, energy, immunity, and recovery. Low fluid intake during monsoon can quietly lead to fatigue, headaches, poor digestion, and low energy.

Easy hydration habits for rainy days:

- Drink water regularly, even if you do not feel thirsty
- Keep a bottle at your desk or workstation
- Choose safe, clean drinking water at all times
- Add soups, herbal drinks, or warm fluids to your day
- Cut back on excess tea, coffee, and sugary beverages

Hydration is easy to ignore in cooler weather, but the body still depends on it. Drink consistently through the day to stay energized and well.

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