

# Monsoon Season is here !

## Stay Informed ! Stay Safe

Monsoons not only bring fun with them, they even bring along some seasonal infections. In order to take care of your child during the rainy season, you have to make your house and kids '*monsoon proof*' or at least '*monsoon ready*'.

We all are aware that the monsoon season no matter how enticing, does pose a potent threat to your child's health. As the cases visiting the Infirmary with fever, stomach pain and common cold have increased, it is the perfect time for us to discuss about that extra effort we need to put just to ensure your child's health.

In this connect, we request you to go through these simple preventive steps.

- 1. Encourage Your Child To Drink Plenty of Water:** A well hydrated body is better equipped to fight off flu and cold. Drinking enough water helps cleanse the system and flushes out toxins like germs and bacteria from your child's body.

### *How much to drink?*

The recommended daily amount of fluids is:

- ✓ 5 glasses (1 litre) for 5 to 8 year olds
- ✓ 7 glasses (1.5 litres) for 9 to 12 year olds
- ✓ 8 to 10 glasses (2 litres) for 13+ years

However, note that consuming contaminated water is one of the main reasons why children contract typhoid during monsoon. So ward off water-borne diseases by drinking water that is clean, boiled or filtered. At our school we are making sure of proper purification of drinking water and thoroughly checking it for its purity through standard tests.

**2. Follow a Healthy Diet:** Ensure that their diet is balanced and rich in vitamins, minerals and antioxidants as it provides a lot of protective and nutritional value to the body. Avoid raw foods like salad and raw eggs as these can get contaminated fast. Thoroughly wash fruits and vegetables in clean water before using and avoid feeding your child leftover food unless it is re-heated properly.

**3. Freshly Cooked Food:** *SAY NO TO OUTSIDE FOOD. MOMMY IS THE BEST COOK.* We know that water borne infections like diarrhea & food poisoning are common during monsoons. We do not know the kind of water they use, to make food outside. It's better to give him/her homemade food. Include hot soups & hot milk in her/his daily diet. Typhoid is quite rampant during the monsoon. It mainly affects children and occurs due to consumption of contaminated food or water. Thus, to protect your child's health from contracting such ailments, ensure that they eat only freshly cooked food.

**4. Use Appropriate Clothes and Footwear:** Apart from raincoats and umbrellas, dress your child in loose clothes made of light cotton. This allows the skin to breathe. Encourage them to dry their feet and let the shoes and socks dry because wet socks increase the chances of fungal growth.

**5. Mosquitoes are the cause for many diseases:** The Monsoon rains bring along with them water-logging and create breeding grounds for mosquitoes that cause dengue and malaria to grow and multiply. Ensure that there is no water stagnation in and around your home by regularly draining vases and coolers. You can also apply repellents that agree with your child's skin to prevent him/her from mosquito bites.

**6. Nail Biting:** Nails if not cut properly, accumulate dirt and bacteria. On biting them this dirt makes its way to the stomach causing several gastric diseases. To discourage children from biting their nails, just apply neem or bitter gourd juice on their nails and leave it to dry. When they bite their nails again, the bitter taste will compel them to remove their finger from their mouth.

## **7. Maintain Personal Hygiene: AVOID GETTING DRENCHED. NO RAIN DANCING, ONLY WATCHING.**

It's easy to control infants from not going out in the rain. But once your kid starts walking it's not an easy task. These days because of the high pollution, we cannot expect rain water to be safe. DO NOT let him/her play in the rain. Pack a raincoat & water proof shoes in his/her school bag. Whenever you are taking your little one to the mall, or a grocery store, in the rainy season, carry an umbrella and a rain coat. The wet weather of the monsoon brings along with it festering of bacteria, germs and viruses which when contracted by your child can lead to serious illnesses. So, ensure that you keep them and yourself dry and clean all the time. Sanitize your hands before you start cooking and do the same with your child's hands before they touch their meal. Also, give them a shower after they get wet or play in the rain.

**PREPARE YOUR OWN 'MONSOON AID KIT'. I AM PREPARED, ARE YOU?** Even after taking all the precautions, there are chances your kid might catch a cold or a flu. Prepare a kit with medicines which help with cold & cough. Cough syrups, vitamin C supplements, syrups for cold or fever, balms etc. can be added to your kit, after taking proper advice from your pediatrician.



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