

How to prevent yourself from infections and boost your immunity during this monsoon

The monsoon season is in full swing, and while rain might improve many things, it can also cause havoc with your immune system. This is because the wet, humid weather provides the ideal conditions for bacteria to develop and thrive. Prevention is essential to enhance immunity and avoid monsoon-related ailments, including colds, flu, rashes, fever, or overall weakness. The monsoon season can also impact your metabolism, making you more prone to bloating and indigestion. The monsoon season can also impact your metabolism, making you more prone to bloating and indigestion.

Many of these monsoon diseases are undetected until they have a substantial and severe impact on one's health. If you are also looking forward to getting wet on a rainy day but afraid of contracting monsoon diseases, early diagnosis and a few simple preventive and hygienic steps might keep you safe.

Below mentioned are a few immunity-boosting tips:

- **Vitamin C-rich foods:** Vitamin C can benefit your immune system in a variety of ways, not just one. It improves the ability to fight off infectious agents. It also boosts the creation of immune-boosting cells and improves the cellular immunological response. Citrus fruits, lemons, limes, green and red bell peppers, Brussels sprouts, broccoli, leafy greens, and tomatoes are all vitamin-C rich foods.
- **The sunshine vitamin:** Another important element to enhance your immune system is vitamin D, also known as the sunshine vitamin. Vitamin D deficiency might make you more susceptible to common diseases. Vitamin D deficiency has been linked to a higher risk of respiratory infections, and deficiency can damage immunological function. Include fatty fish, dairy products, and egg yolks in your diet to obtain enough vitamin D. It's also in mushrooms and fortified vegetarian/vegan foods. Don't forget to take a few minutes in the morning sun to aid your body in activating Vitamin D from your diet.
- **Omega-3 fatty acids:** Not only does the vital omega-3 fatty acid improve your brain and heart health, but it also helps build your immune system. It works by increasing the activity of white blood cells, which helps fight off harmful bacteria and viruses. Omega-3 can be found in fatty fish, walnuts, flaxseed, chia seeds, and plant oils. The anti-inflammatory properties of omega-3 fatty acids can help you heal faster after an illness by reducing inflammation.
- **Get enough sleep:** Getting all eight hours of sleep keeps you relaxed and well-rested for the next day's challenges. Furthermore, seven to eight hours of sleep boosts immunity and prevents the flu and other common cold conditions during the monsoon season.
- **Exercise:** Regular exercise will not only help you stay fit, but it will also help you boost your immunity. A workout improves blood circulation and stimulates the production of serotonin in the body. Find some unique workout routines for your body type and get moving.
- **Genetic testing:** Genetics play an important role in immune response, affecting our ability to fight off disease. It is recommended to go through genetic testing to identify the predisposition of certain diseases. It will help in getting an idea and timely treatment if there are any abnormalities.

Here are some precautions you can take to avoid contracting the diseases:

- **Clear stagnant water:** Stale water is an ideal breeding ground for mosquitoes. As a result, ensure that there is no open water storage in your home. If you have any, please keep them covered with appropriate pots. Similarly, request that any waterlogged areas near your home be drained. This will prevent the spread of dangerous diseases such as malaria.
- **Bathe in disinfectant:** During your commute or travel, you are very likely to get soaked in rainwater. Furthermore, children enjoy playing outside in the rain. As a result, every time you return home drenched in the rain, remember to put disinfectants in your bath water. This ensures protection against monsoon diseases.
- **Do not eat junk:** During the monsoon, you should strictly avoid eating street food. Food exposed to the open air during the rainy season provides a breeding ground for microorganisms. No matter how appetising the dish appears, the chances of you contracting food poisoning or other diseases are high. As much as we all enjoy the monsoons and the relief they provide, we must keep ourselves aware of and protect ourselves from the prevalent monsoon ailments that affect India. If you notice any of the symptoms mentioned above, don't self-diagnose, or take over-the-counter medication; instead, see your primary care physician immediately.