

Limelight on how to prepare for monsoon

[Health & Medicine](#), [Disease](#)



Hello everyone! How are you all doing? Are the rains disturbing your routines or are you enjoying them to add a change in your life? For me, I love rains and the cold breeze it comes with.

I agree monsoon comes with its beauty and benefits, but when it comes to the rains in Lagos and other Nigerian countries, there are some particular things that matter. Monsoon here comes with new challenges which can make the period the most daunting one.

So, today, let's talk on how to prepare for monsoon rains by making small changes in the lifestyle.

Shop for durable gears

Last year in the monsoon, I went for a cheap umbrella, and my investment failed just in 2 weeks. So, this year, I decided to invest in durable umbrellas even if I have to pay some extra bugs for it. Yes, no matter whatever gear you are looking for like an umbrella, waistcoats, raincoats, pair of shoes, etc. that are durable. Along with this, you also need to have some specific gears like a shower cap for your hair, rainproof clothing, etc. that comes with excellent quality.

Have a watch on the mosquitoes

Yes, this is the season when the mosquitoes would also be roaming around for some blood. So, the second step is to save yourself from them. Protect yourself from their bites, infections, and illness. Make sure nets surround you while you sleep, look for strong sprays and coils for mosquitoes, invest in a good snipper, etc. There are high chances of people getting affected with Malaria so, be ready with a backup plan for the mosquitoes.

Watch after the dirty waters on the roads

Was traveling to my office one day during the rain, and saw a puddle full of dirty water. Just imagine what kind of infections, bacteria, and other harmful diseases would it be carrying. So, no matter whether you are walking on the roads or merely standing or sitting somewhere, look after the puddles filled with dirty water. Wear waterproof boots and jackets that would prevent you from water-borne health issues like influenza, diarrhea, cholera, fungal infections, malaria, etc.

Make sure you have enough of Vitamin C

During monsoon, health issues like fever, cough, and cold are prime to disturb your routine life. During this time, Vitamin C would help you out in the form of an immune booster. It increases the antibodies and helps the body in fighting against viruses of cold. So, make sure you increase the intake of Vitamin C through natural products like juices and fruits or supplements.

Are your gutters unclogged?

Check this out, or be ready for a flood like situation. Due to lack of proper drainage system, the cities face water blockage which might lead to severe conditions during heavy rains. So, make sure you get your gutters unclogged and keep them clean during monsoon.

Got something more to say? Share your reviews here.