

# TIPS TO PREVENT DENGUE AND CHIKUNGUNYA WITH HOMEOPATHY AND NATURAL REMEDIES

## ✓ DO

### USE MOSQUITO REPELLENTS

- Apply creams and lotions to exposed skin
- Use mosquito nets while sleeping
- Ensure windows and doors are screened

### MAINTAIN IMMUNITY BALANCE

- Eat a balanced diet rich in vitamins and minerals
- Include immune-boosting foods like fruits, vegetables, and nuts

### STAY HYDRATED

- Drink plenty of boiled and cooled water daily

### HAVE WARM SOUPS

- Consume warm vegetable or chicken soups
- Add herbs and spices like turmeric and ginger

### EAT WELL-COOKED FOOD

- Avoid raw or undercooked foods
- Ensure all meals are hygienically prepared

## ✗ DON'T

### AVOID STAGNANT WATER

- Empty and clean containers that can hold water
- Cover water tanks properly

### WEAR PROTECTIVE CLOTHING

- Opt for long-sleeved shirts and long pants
- Choose light-colored clothing

### KEEP WATER CONTAINERS COVERED

- Cover all water storage containers
- Clean and scrub containers regularly

### STAY CALM IF DIAGNOSED

- Seek medical advice and follow treatment plans
- Rest and stay hydrated



## Homeopathy Intervention

Homeopathy can play a crucial role in supporting overall health and immunity, helping to prevent and manage symptoms of dengue and chikungunya. Here are some ways homeopathy can help:

### • Boost Immunity

- o Strengthen your body's natural defenses against infections
- o Consult a qualified homeopathic practitioner for personalized immune-boosting remedies

### • Symptom Relief

- o Homeopathy can provide relief from symptoms like fever, body aches, and fatigue
- o Remedies are tailored to individual symptoms and overall health condition

### • Holistic Approach

- o Focus on overall well-being, not just symptom suppression
- o Integrate homeopathic remedies with natural lifestyle changes for better health outcomes

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STAY SAFE, STAY HEALTHY, AND TAKE PROACTIVE STEPS TO PREVENT DENGUE AND CHIKUNGUNYA