

monsoon checklist you can print for your caregiver?

Simple precautions every stroke patient and caregiver should know.

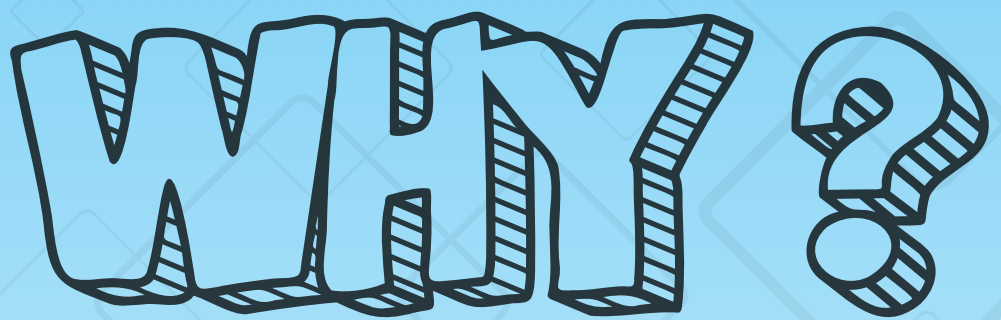


Swipe to know more

Why Is Monsoon Risky?

Monsoon can increase the risk of:

- Falls on slippery surfaces
- Infections
- Blood pressure fluctuations
- Dehydration

The word "WHY?" is rendered in a large, bold, 3D block font. The letters are white with black outlines and feature diagonal hatching on their sides to create a three-dimensional effect. The question mark is also in the same style.

Stay alert. Stay prepared.

Swipe to know more

Prevent Falls – Your #1 Priority

- Keep floors dry
- Use anti-slip mats
- Wear non-slip footwear
- Check walking aids regularly



Avoid going outdoors during or immediately after rain.

Swipe to know more

Reduce Infection Risk

- Drink boiled or filtered water
- Eat freshly cooked food
- Avoid street food
- Wash hands regularly



Healthy habits protect recovery.

Swipe to know more

Avoid Mosquito-Borne Diseases

- Use mosquito repellent
- Sleep under mosquito nets
- Remove stagnant water



High fever can affect blood pressure and recovery.

Swipe to know more

Monitor Blood Pressure Daily

- Check BP at the same time every day
- Keep a BP log
- Stay hydrated
- Change wet clothes immediately



Humidity can cause BP fluctuations.

Swipe to know more

Stay Prepared

- Keep 2–3 weeks of medicines
- Store medicines safely
- Continue physiotherapy indoors
- Keep emergency contacts ready



Swipe to know more

Be Ready Before an Emergency

- Know your hospital route
- Save Ambulance Number 108
- Keep prescriptions in a waterproof pouch

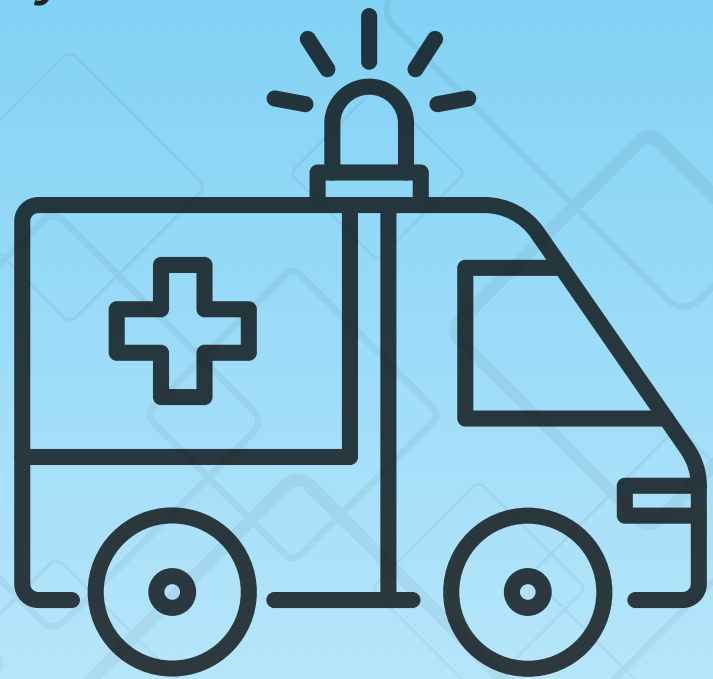


Preparation can save valuable time.

Swipe to know more

Seek Immediate Medical Help If You Notice:

- Sudden weakness
- Confusion or severe headache
- High fever or dehydration
- Breathing difficulty
- A fall with a head injury



Don't ignore these symptoms.

Swipe to know more

- **Keep These Essentials Ready**
- **Non-slip slippers**
- **Extra medicines**
- **ORS packets**
- **Hand sanitizer**
- **Mosquito repellent**
- **Power bank**
- **Emergency contact list**
- **Stay Safe This Monsoon**



Swipe to know more