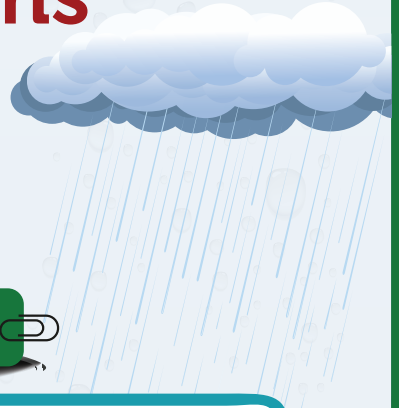


Common skin itching problems in monsoon



Symptoms

Eczema¹



Dry and flaky skin, may cause cracks & bleeding

Scabies¹



Itching and skin rashes

Athlete's foot¹



Itching, skin scales, cracks & inflammation

Preventive measures



Practice good personal hygiene²



Avoid sharing personal belongings²



Do NOT stay in wet clothes for long time²



Wear cotton clothes and use shoes that allow ventilation^{1,2}

References: 1. Integrated Disease Surveillance Project. Infectious Disease Bulletin. Highlight: Monsoon Alerts. [2012]. Available at http://statehealthsocietybihar.org/idsp/alerts/monsoon_alerts.pdf, accessed on June 11, 2021. 2. Common Skin Problems In Monsoon. Skin and Hair academy [2019]. Available at <https://www.skinandhairacademy.in/article/common-skin-problems-monsoon>, accessed on June 11, 2021.