



### Why is Immunity Important?

When the rainy season (*tag-ulan*) comes, the risk of getting sick increases. Flu (*trangkaso*), colds (*sipon*), cough (*ubo*), and even pneumonia (*pulmonya*) are more common because germs and viruses spread faster in wet and humid (*maalumigmig*) conditions.

Your body's immune system (*panlaban ng katawan*) needs to be strong to fight off illnesses.

## Common Rainy Season Illnesses

1. Flu (Trangkaso)
2. Common Cold (Sipon)
3. Cough (Ubo)
4. Pneumonia
5. Dengue Fever

## Simple Ways to Boost Your Immunity

### Eat Healthy Food

(Kumain ng masustansyang pagkain)

- Eat more fruits like oranges (*dalanghita*), bananas (*saging*), and vegetables like malunggay and kangkong.
- Choose natural foods instead of instant or processed (*naproseso*) meals.

### Get Enough Sleep

(Matulog ng sapat)

- Aim for 7–8 hours of sleep every night to allow your body to recover.

### Stay Active

(Mag-ehersisyo)

- Simple home exercises like stretching, walking, or jumping jacks can help.
- 15 to 30 minutes a day is enough to keep your body strong.

### Stay Clean and Practice Good Hygiene

(Panatiliing malinis ang sarili at kapaligiran)

- Wash hands often, especially after going outside.
- Bathe daily to remove germs.

## Drink Enough Water

(Uminom ng sapat na tubig)

- Even during rainy days, staying hydrated (*hindi mauhaw*) keeps your body in good condition.

## Get Vaccinated if Available

(Magpabakuna kung may pagkakataon)

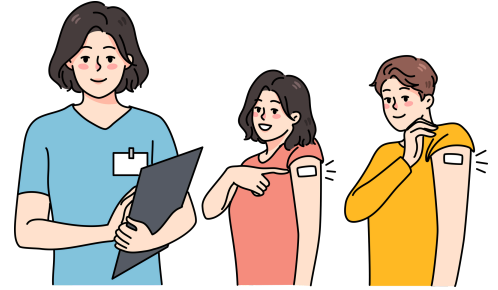
- Flu vaccines help protect against serious illness.
- Ask your clinic or doctor about affordable vaccination options.



Exercise to keep your body strong



Practice good hygiene



Get vaccinated if available

## When to See a Doctor?

- Fever (Lagnat) lasting more than 2 days
- Severe cough or difficulty breathing (Hirap sa paghinga)
- Body weakness (Panghihina)

Do not ignore signs of serious illness. Early check-ups (Maagang pagpapatingin) can save lives.

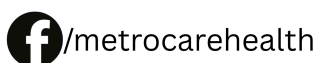
If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

## Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible**, **affordable**, and **quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**



[www.metrocarehealth.com](http://www.metrocarehealth.com)



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.