

# Summer guideline

July 2024



# Introduction

June is the beginning of the summer period in the UAE, when temperatures and humidity levels begin to rise. In this guide, we offer you a set of tips for a safe healthier, happier and energetic summer.

# Important general tips during summer

## 1. Travel

Summer is the time of the year when people start planning their summer vacation but before planning they must have complete knowledge about the health status of the country they intend to go to and the precautionary measures they need to follow. No matter where you go, to majestic mountains, secluded beaches, or bustling cities, kick off your travel adventure by planning and being ready for any changes in your plans that might disturb your trip.

We also recommend visiting the travelers' clinic for consultation, medical advice and recommended vaccinations.

An appointment at the Travelers Clinic can be taken through the DHA app

## 2. Eat a healthy diet

For good health, we need more than 40 different nutrients and no single food can supply them all. It is not about a single meal, it is about a healthy balanced food choice that will make a difference.

During the summer period, the body needs to eat food that contains high water content, such as:

- Raw fruits and vegetables
- Salads
- Cold juices (without added sugar)
- Ice cream made of fresh fruits
- Yogurt
- Lean meats

It is preferable to avoid foods which are:

- Deep fried
- Fast foods
- Minimize drinking soft drinks because they contain high sugars
- Sweets and sugar
- Canned foods because they contain excess amount of salt

## 3. Get enough Sleep

Sleep is essential at any age. Sleep powers the mind, restores the body, and fortifies virtually every system in the body.

Studies show that lack of sleep increases the risk of chronic diseases such as: hypertension, diabetes heart attack and stroke by the same amount that smoking does. Therefore, it is important to get enough sleep to lower your risk of several chronic medical conditions.

# Important general tips during summer

## 4. Stay active

Regular physical activity is one of the easiest ways to reduce your risk for chronic disease and to improve your quality of life. It will make you feel and function better and it will lead to improved sleep patterns. It also reduces anxiety.

## 5. Use sunscreen

It is important to protect the skin by using sunscreen, especially in the summer season. Sunscreen can help:

- Reduce the signs of aging
- Limit the appearance of sunspots
- Protect the skin from sunburn
- Reduce the risk of skin cancer

## 6. Keep cool in extreme heat:

Dangerously high temperatures can result in heat-related illnesses ranging from heat exhaustion to heat stroke. The following tips can help you keep cool all summer long.

- Wear loose-fitting cotton clothing.
- Take frequent baths or showers with cool or tepid water after coming from outside.
- Wearing hats or caps also can prevent from extreme heat and direct sunlight.
- Drink plenty of water during the day around 8-12 cups of water.

## 7. Children and accidents

Summer can be a fun season for children, but at the same time, it can be a season when accidents and injuries happen and some may even be fatal.

We recommend encouraging children to engage in various activities at home and outside the home, so it is important that parents take safety measures and precautions inside and outside the home to protect their children from minor and serious injuries.

## 8. Mental Health

Mental health is essential as it is closely related to the well-being of each individual. It affects the way we think, feel and act in daily life. In addition, it helps us determine how we deal with life situations, by making decisions, overcoming difficulties and consequences, building relationships and recovering from life's setbacks and hardships. Mental health is important at all stages of life.

Is it possible for mental health to be affected by different seasons?

# Important general tips during summer

## 9. Health Travel Prevention

When travelling, be cautious of infectious conditions from contaminated food and water, mosquitoes, animals, and respiratory droplets. Prevent diseases that spread by contaminated food and water, such as diarrhoea and cholera, by consuming safe, clean food and water. Avoid diseases that spread by mosquitoes, such as dengue and malaria, by using insect repellent and staying indoors during peak mosquito activity. Prevent respiratory diseases by practising physical distancing, wearing masks, and maintaining good hand hygiene.

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# -01- Travel Season

There's no doubt that going on vacations will positively impact your health and well-being, but on the other hand, it increases the risk of infectious diseases due to your greater exposure to shared spaces, such as restaurants, hotels and public restrooms. However, it is easy to prevent these risks through behavioral changes and following some preventive measures that will prevent the transmission of these diseases and boost the immune of the body.

**The travel risk level depends on the following:**



Transporation



The destination



Activities



Place of stay



Health practices



Health status

**However, many risks can be minimized by precautions taken before, during and after travel**



# Before Travel

## General travel tips

1. Do your research and know all the risks you may face in your chosen destination:



Any infectious diseases



The health system



Sanitary conditions



Security level



Climate

2. Keep updated with all the regulation and procedures of the country and the country of destination regarding the need to get vaccinated, to get tested before or after travel.
3. If traveling by air, check if your airline requires any health information, testing, or other documents.
4. If you have any medical condition, consult your physician to evaluate your health condition and your ability to travel safely..
5. Choose a hotel that applies safety and hygiene standards
6. Extra precautions should be taken by the elderly, people with chronic diseases and pregnant women
7. Know what vaccines will protect you from diseases such as Hepatitis A, Hepatitis B, Typhoid, Fever, Yellow Fever and others.
8. Carry your medication kit:
  - a. General emergency medications such for (fever, diarrhea, allergy, wounds and others)
  - b. Anti-malarial medications when going to areas affected by this disease
  - c. Anti-nausea and anti-dizziness medications in case you are traveling to high altitude places or when at sea.
  - d. Specific medications for you in case you have a medical condition



# During travel

## General travel tips

### 1. | Follow all precautionary measures & recommendations for traveling safely:



Wear your mask in crowd



Use your own transportation



Bring your items, and don't share them with others



Avoid crowded areas



Wash your hands or sanitize them frequently



Refrain from touching your nose, mouth and eyes with dirty hands



Do not share items with others



Adhere to cough and sneezing etiquette



Use a contactless payment method and avoid cash payments



Keep away from anyone who shows respiratory symptoms



Refrain from sharing your food with others and avoid street food

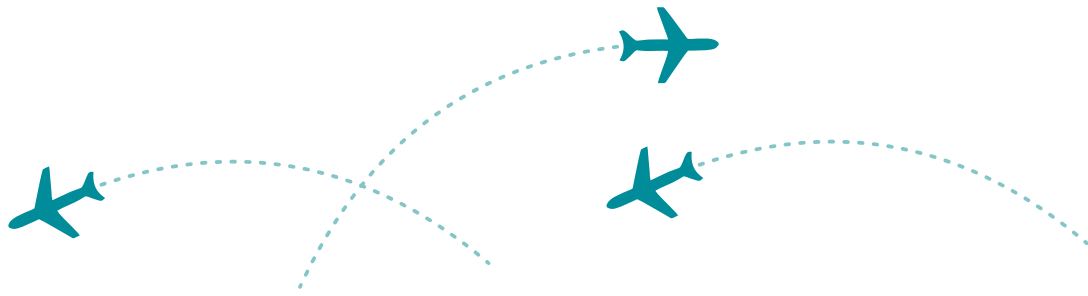
### 2. | Prepare to be flexible during your trip as restrictions and policies may change during your travel.

### 3. | Upon arrival to your stay facility, make sure they apply all the precautionary measures such as sanitizing commonly touched surfaces and maintaining a good ventilation system.

### 4. | Isolate yourself and get medical support if you start to show fever or respiratory symptoms

- While in the plane, make sure to move frequently
- Engage in continuous sitting exercises to avoid blood clotting in the veins
- Eat healthy food and keep hydrated
- Make sure you get enough sleep
- Comply to your prescribed medications
- Make sure to drink water from reliable sources and avoid having ice in drinks
- Avoid raw food
- Be careful when dealing with animals during your trip
- If you are traveling to a Malaria endemic destination:
  - Cover your body with suitable clothes
  - Use repellents and use mosquito tent for sleeping at night
  - Avoid outdoor activities when mosquitoes are most active - dusk time

# After returning back



1. | Keep updated with all the regulations and procedures of the country and the country of destination regarding the need to get tested before or after travel.
2. | Monitor yourself for symptoms; isolate and get medical advice if it develops.
3. | Be careful when you come in contact with those with chronic illnesses and elders and those who cannot get vaccinated due to their medical conditions.

## Remember, safety is a priority

Even the best plans may need to be set aside when it comes to health.

Recognize that as a traveler, you are responsible for protecting yourself and others around you. If you're exposed to any infectious diseases while traveling, you can spread the disease to your loved ones when you return, even if you are symptom-free.

## Nutrition in Summer

During the hot summer months, it is best to stay aware of what we eat on a daily basis. Our change in dietary and lifestyle habits, can lead to various health problems. That is why we should protect our health and take the necessary measures to avoid such conditions appearing in summer months.

### Here are some suggestions to help you keep your body healthy during summer:

- As we lose high amounts of body fluids during summer, we should drink approximately 2 to 2.5 liters of water to avoid dehydration.
- Instead of fizzy drinks, we should go for homemade drinks like lemonade and watermelon juice to cool off the summer heat.
- Avoid fried foods as they can strain the body more during summer so instead, you should substitute them for roasted, grilled, or boiled foods.
- Eating foods rich in fiber is also very important for intestinal and overall health.
- During the summer, try to keep healthy snacks within your reach, to avoid snacking on unhealthy foods.
- Remember it takes around 15 minutes to feel full after starting to eat; so you should chew slowly and thoroughly. This will help you eat less and support your digestive system.
- If you are planning to spend your holiday at a hotel with has an open buffet, try to fill your plate according to the (my plate) suggestion.



# My plate



Fruits



Vegetables



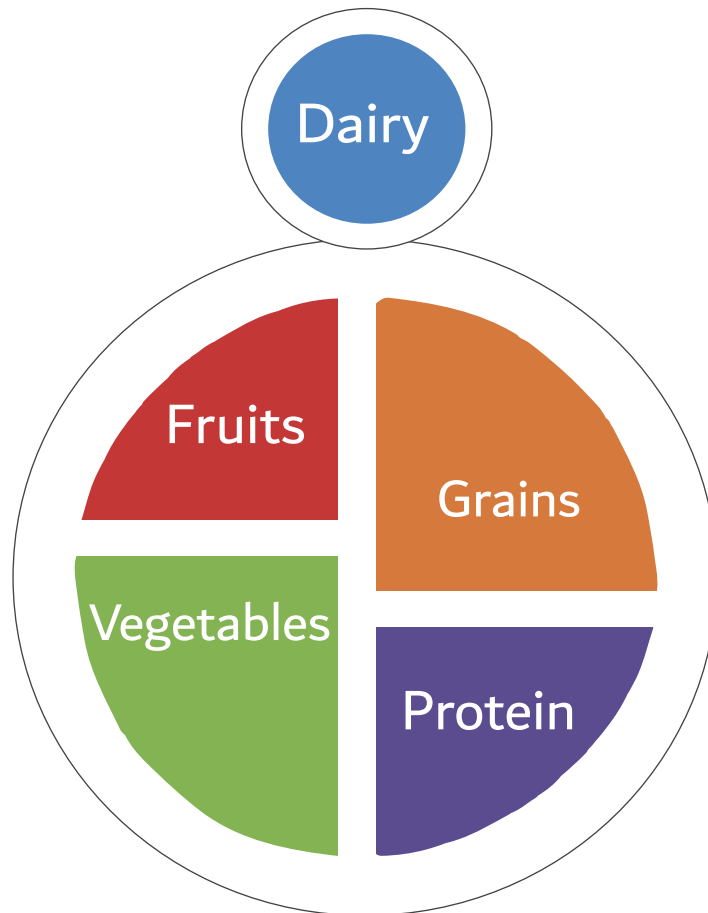
Grains



Protein



Dairy



# -03 -

## Hydration in Summer

Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste and lubricate your joints.

### Why is water important?

Different people need different amounts of water to stay hydrated. Benefits of drinking adequate amount of water includes prevention of:

- Migraines
- Nosebleeds
- Depression
- High blood pressure
- Asthma
- Dry cough
- Dry skin
- Acne

### Tips to stay hydrated:



Keep a bottle of water with you during the day.



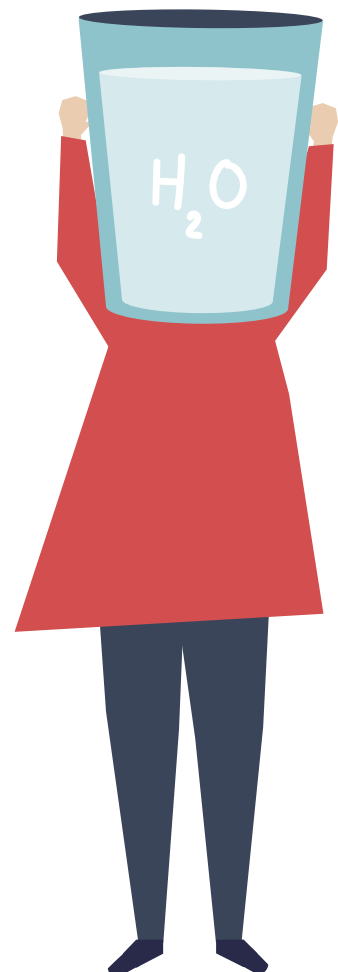
If you do not like the taste of plain water, try adding a slice of lemon or lime to your drink.



Drink water before, during and after a workout.

If you have trouble remembering to drink water, drink on a schedule. For example:

- Drink water when you wake up
- Drink water at breakfast, lunch and dinner
- Drink water before going to sleep
- or drink a small glass of water at the beginning of each hour



# Water

## Dehydration:

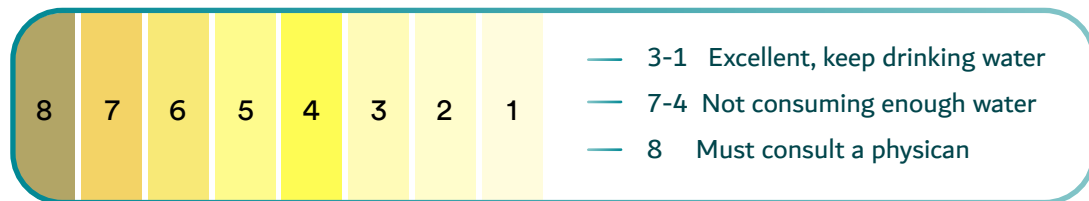
If you do not drink enough water, you may become dehydrated. This means your body does not have enough fluid to operate properly.

## Indicators you are dehydrated:

### 1. Urine

- Little or no urine
- Color

Urine color can be an indication of dehydration. If it is colorless or light yellow, you are well hydrated. If your urine is a dark yellow or amber color, you may be dehydrated.



### 2. Dry mouth

### 3. Sleepiness or fatigue

### 4. Extreme thirst

### 5. Headache

### 6. Confusion

### 7. Dizziness or lightheadedness

### 8. No tears when crying

## Who is at a higher risk of dehydration?

### 1. People who exercise at a high intensity

### 2. People who are exposed to hot weather for a long period of time

### 3. Have certain medical conditions such as (kidney stones, bladder infection)

### 4. Those who suffer from: (fever, vomiting, diarrhea)

### 5. Pregnant or breastfeeding women

### 6. People who are trying to lose weight

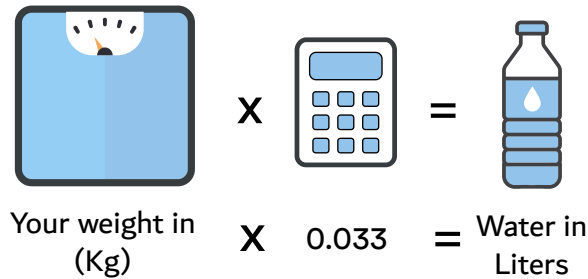
### 7. People who are unable to get enough fluids during the day.

### 8. Elderly

# Water

## How to calculate your daily water requirement?

You can use this simple calculation


$$\text{Your weight in (Kg)} \times 0.033 = \text{Water in Liters}$$

For example, if you are 60kg, you should drink about 2 liters of water every single day  
( $60 \times 0.033 = 1.98$ )

The calculation may differ as some people may be at risk of both dehydration and over hydration, depending on their health conditions, medications, loss of muscle mass, reduction in kidney function, and other factors, so consult your doctor to calculate your daily water requirement.

## Keep in mind

- **There are other sources of water:** You can also get water through liquid foods and beverages, such as soup, milk, tea, coffee, soda, drinking water, and juices.
- **If you have an outdoor occupation:** You should drink 1 cup of water every 15 to 20 minutes.
- **What to drink when exercising:** Water is the best drink to satisfy thirst and replace fluid lost during exercise. Drink water before you start exercising, too.

To adequately rehydrate after your exercise session, drink more than the fluid you lost while exercising. Do not do all this in one go. Space it over the next two to six hours.

You need to drink more fluid than you lost while exercising because you continue to lose fluid through sweating and urination for some time after you have finished your session.

# -04 -

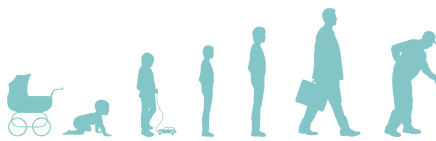
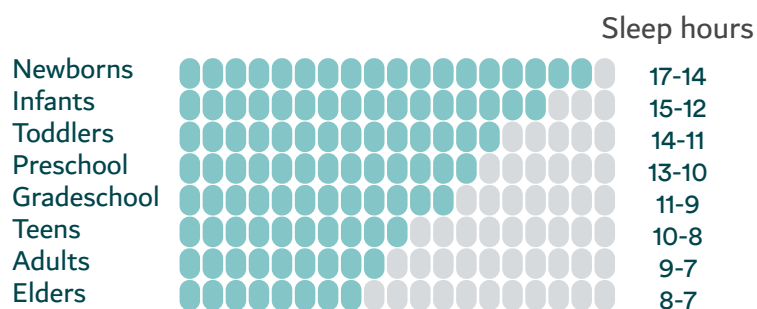
## Importance of sleep

Sleep is important to us as it makes us to feel active during the whole day, it helps us stay alert enough to do our daily activities and maintain a healthy body physically and mentally.

Our social activities during summer nights may increase compared to wintertime because of warmer temperatures, longer days, school breaks etc. which may lead to sleep disorders.

### What is the Normal Sleeping Hours or how much should we sleep?

- The normal sleeping hours differ from person to person. However, some people feel rested after a shorter sleep, and others need more sleep to feel alert or fresh.
- Compared to adults, children need more hours of sleep.



### Role of Hormones in Sleep

- Melatonin is a hormone produced by the Pineal gland located in the center of the brain.
- The role of melatonin hormone is to induce sleep when it gets dark. It is regulated by sunlight, which alerts our brain to stay awake.
- In summers, the days are longer; the duration of sunlight is much longer, this affects the onset of melatonin. Hence, we feel sleepy at a later hour during the night.





# Sleep

## Sleep in summer

- In Summer, heat makes it harder to sleep and in winter, cold will enhance sleep
- At night, your core body temperature decreases by two or three degrees to initiate sleep. As the temperature in the air around you drops, your core temperature also drops, making it easier to sleep.

As the weather gets colder and night falls sooner, we become susceptible to feeling more tired and sluggish, largely due to a lack of vitamin D and the changes in melatonin levels in our bodies.

## Impact of insufficient sleep

Lack of sleep or not getting a restful sleep will affect your health and it will affect you socially as well.



### General health:

Insufficient sleep may lead to many problems to your body, which includes diabetes mellitus, weight gain, blood pressure, heart attack, stroke, respiratory infections like cold and flu.



### Mental Health

Inadequate sleep may affect your mental health which can lead to stress, anxiety, depression, headaches, mood changes and memory issues. If you feel tired all the time, you might stop doing activities you used to enjoy.



### Work problems

Such as a loss of concentration in the performance of tasks and other requirements.



### Accidents

You could be seriously hurt or killed, or you could also accidentally hurt or kill another person if you fall asleep while driving.

# Sleep

## Tips that can help in Sleep deprivation:

- The main aim is to improve your habits to try to get more and better sleep.
- Try to maintain a constant bedtime or go to bed and wake up at the same time every day.
- Avoid coffee, tea and other foods that contain caffeine, in the evening time.
- Avoid smoking, especially in the evening.
- Try consuming foods that specifically help with melatonin production, like seafood, nuts, low-fat dairy, cherries, whole grains and dark leafy greens.
- Dinner should be at least 4-3 hours before bed to give your body time to fully digest a big meal or 2-1 hours for a smaller one.
- Exercise several days a week, which helps to induce sleep but not right before bed.
- Keep your bedroom dark, cool, quiet, and free of reminders of work or other things that causes you stress.
- Avoid looking at phones or reading devices ("e-books") that emit blue light before bed, which can make it harder to fall asleep.
- Wear cool, lightweight pajamas in summer to maintain a lower body temperature for a longer period of time.
- Avoid long naps if you have trouble sleeping at night, especially in the late afternoon. Short naps (about 20 minutes) can be helpful.
- Relaxation therapy: In which you focus on relaxing all the muscles in your body one at a time.
- Working with a counselor or psychologist: To deal with the problems that might be causing you to not get enough sleep.

# -05 -

## Physical activity

**Exercise and being active have immediate and long-term benefits as far as the health of individuals is concerned, this includes:**

- Helps reduce the risk of developing diseases such as cardiovascular diseases, cancer and type 2 diabetes.
- Helps people manage their weight and avoid obesity.
- Strengthens the joints, muscles, and bones of individuals.
- Reduces the risk of developing osteoporosis.
- Improves mood and sleep.

### Ways to Exercise during Summer:

For outdoor exercise, it is better to rise early and undertake exercise sessions when the temperature is cooler. Outdoor exercise under a tree or in the shade is also recommended during summer to avoid a heat stroke.

### Outdoor exercises include:

- Walking or jogging daily in the neighborhood park
- Swimming
- Riding a bike

### Indoor exercises include:

- Walking on a treadmill
- Rope Jumping
- Ice skating
- Indoor tennis
- Pilates



# Physical activity

## Safety Tips for a Safe and Productive Exercise Session:

- Stretching before and after the physical activity
- Warming up prior to the activity
- Finding an activity that suits your health condition
- Working closely with a certified personal trainer or professional to avoid any injuries.

## Tips to Establish an Exercise Routine during Summer

- Setting a fitness goal
- Exercise regularly
- Establishing a working out schedule and adhering to it
- Engaging in low and gradual physical activities
- Assigning the same time each day for daily exercise
- Working in pairs to encourage each other
- Use your free time in summer to try out new sports/activities

## Recommended activity/exercise guidelines for adults is:

150 minutes per week of moderate intensity aerobic activity or 75 minutes per week of vigorous aerobic activity. Also add moderate to high intensity muscle strengthening activity at least 2 days a week.









## Recommended activity/exercise guidelines for kids is:

3 years should be physically active and have many opportunities to move during the day.

17-6 years should get at least 60 min a day of moderate to vigorous intensity physical activity (mostly aerobic)

# Physical activity

Approximate calories burned in 30 minutes  
for people of three different weights:

Sport activities	57 KG	70 KG	84 KG
 Walking	107	133	159
 Volleyball	90	108	125
 Horseback riding	57	70	84
 Swimming	180	216	252
 Ice skating	210	252	294
 Rope jumping	226	281	335
 Football	270	324	378
 Cycling	300	360	420

# -06 -

## Skincare during summer

Your skin is your body's most prominent organ so it is important that you take care of it especially during summertime because UV levels can do serious damage to exposed skin. This can be achieved through:



Hydration



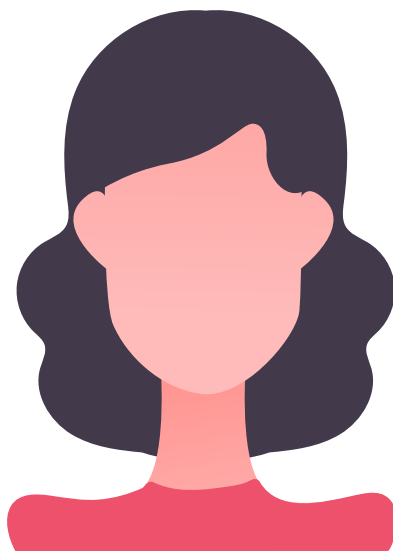
Wearing protective clothing



Wearing SPF



Understanding the risks of tanning and how to avoid them



# Hydration and Sunscreen

## Hydration

Hydrating involves moisture trapping in the skin to prevent water loss; this helps keep the skin healthy and smooth.

Hydration of the skin, both from the inside and outside, is achieved through:



Drinking water



Eating omega3-, vitamin A, and collagen-rich foods



Using moisture-boosting creams and serums to ensure that the skin is always moisturized

## Wearing sunscreen

Wearing Sun Protector Factor (SPF) sunscreen is vital for skin care.

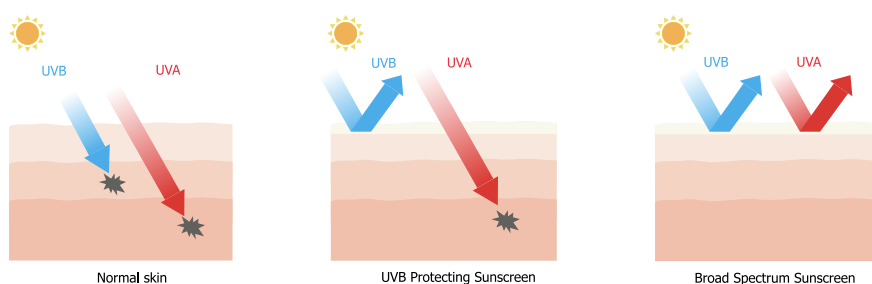
**Benefits of using SPF sunscreen:**

- Filters out ultraviolet (UV) light therefore it is effective in ensuring that the skin is protected.
- Lowers the risk of rapid aging of the skin and skin cancer related to UV light.
- Protects your skin from sunburns.
- Protects your skin from discoloration and uneven skin tone due to sun damage.

**Here are some useful tips to help you select a suitable sunscreen:**

- Wear sunscreen with a SPF of at least 30.
- Pay attention to certain keywords on the product such as “broad spectrum” and “water resistant”.

Broad spectrum means that the SPF will prevent from both UVA and UVB rays damage while water resistant means that it will stay on wet skin for about 80 minutes after applying.



# Tanning

Many people look forward to summer because it is that time of year when they can spend hours by the beach and get that tanned glowing skin. However, it is important to know that there are several risks associated with tanning, including:

- Premature aging
- Sunburns
- Skin cancer

The process of darkening the skin through tanning is done by increasing the skin pigment called melanin, which causes the skin to look darker; this itself is a form of skin damage. While it is advised to use self-tanning products because they do not harm the skin however some people will still prefer the traditional way of tanning.



## Here are a few tips for a safer tanning experience:

- If you would like to exfoliate you must do it gently and at least 24 hours before tanning
- Use a sunscreen with SPF 50 or above that is also water resistant
- Do not forget to re-apply your sunscreen every two hours or after coming out of the water.
- It is best to tan between 7 a.m. and 10 a.m.
- The duration of tanning should be between 1 and 2 hours, depending on the skin color and weather conditions. Do not exceed 2 hours.
- It is vital to drink water to hydrate the skin after tanning.
- If you do get a sunburn while tanning, soothing the skin with Aloe Vera is helpful, but continued protection from sun exposure is a must, even after nourishing your skin.



## Skin conditions:

Please remember it is important to see a dermatologist if you develop any of the following:

- Major sunburns
- ABCD indicators of skin lesions and these include:
  - Asymmetry
  - Borders that are irregular or uneven
  - Colour; varied shades of brown, or black are usually the first sign of melanoma
  - Diameter greater than 6mm





# Protective clothing

**UV light can put the skin at risk of being damaged as a protective barrier, leading to:**

- Oversensitivity of the skin
- Redness
- Sun burns
- Scarring



## 3 things to look for when selecting your summer fabrics:

- **Color:** Dark or bright colors offer better protection than lighter shades because they keep UV rays from reaching your skin by absorbing them.
- **Coverage:** The more skin that is covered by your clothes, the better your protection.
- **UPF:** UPF (Ultra Protective Factor) labels are sometimes used by some clothing makers, which indicate exactly how much of the sun's rays the garment can protect against.



## 2 things to look for when selecting your sunglasses:

- **UV Rays:** Always choose sunglasses with the highest level of UVA/UVB protection
- **Size:** The bigger the sunglasses the better as it will cover more area of the face.



## 2 things to look for when selecting your hats:

- **Wide Brim:** The best hats to choose for sun protection have a brim of at least 3 inches to provide shade to the face, scalp, neck and shoulders.
- **Tight Knit:** When choosing your hat opt for a tightly woven hat instead of a loosely constructed straw hat that lets in UV rays.

# -07 -

## Heat stroke

In the gulf countries, summer is very hot and sunny, with daytime temperatures ranging from 38 °C to 42 °C between May and September. This increases the risk of getting diseases related to high temperatures and humidity such as heat exhaustion and heat stroke.

### Heat exhaustion

is a heat-related illness that can occur after being exposed to high temperatures and is often accompanied by dehydration.

There are two types of heat exhaustion:



Signs include excessive thirst, weakness, headache, and loss of consciousness.



Signs include nausea and vomiting, muscle cramps and dizziness.

Heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

### Heatstroke

Can occur if the body temperature rises to 40 °C or higher because of direct and prolonged exposure to sunlight

Symptoms:

- Headache.
- Dizziness and light headedness
- Red, hot and dry skin
- Muscle weakness
- Nausea and vomiting
- Rapid heartbeat.
- Rapid, shallow breathing
- Unconsciousness



# Symptoms and prevention



## Who is at risk of heatstroke:

- Children
- The elderly (often with associated heart diseases, lung diseases, kidney diseases, or those who are taking medications that make them vulnerable to dehydration and heat strokes)
- Athletes
- Individuals who work outside and physically exert themselves under the sun
- Infants, children or pets left in cars



## Prevention:

- Avoid exposure to sunlight, wear a hat or use an umbrella
- Take extra precautions during the hottest parts of the day, between 12 pm and 3 pm
- Increase fluid intake
- Wear loose-fitting, light-colored clothes
- Protect yourself from sunburn using sunscreens
- Never leave anyone in a parked car especially children and elderly



## Complications of a heat stroke:

This depends on how long the body temperature is high:

- Vital organ damage. Without a quick response to lower body temperature, a heatstroke can cause your brain or other vital organs to swell, possibly resulting in permanent damage.
- Death. Without prompt and adequate treatment, a heatstroke can be fatal.

How to react (what to do)?

- Notify the ambulance immediately
- Get the person to a shade or a cool place
- Take off excess clothing
- Help the person to lie down and raise his legs higher than the level of the body.
- Use a fan to reduce his body temperature
- Use cold compresses or use a wet towel on his head, neck and armpits
- If possible help him drink water

# -08 - Children in Summer

Summer holidays is a long awaited time of the year by many children. It is the time where children finally get to relax and enjoy some time away from school and around their parents. However, so many bad health habits can arise during this time of the year especially those related to a healthy lifestyle.

## 6 tips for a healthy summer for children:

1. Plan ahead and set a schedule
2. Make healthy choices fun and easy
3. Always prepare healthy snacks
4. Drink plenty of water
5. Stay active
6. Sleep well at night



## Nutrition:

We advise parents to:

1. Follow the pattern and dietary habits of their children.
2. Provide a healthy food environment, support and encourage healthy eating habits during the summer season.
3. Reduce children's consumption of excess calories
4. Be more aware when shopping for food, for example, limiting the purchase of juices, processed foods, frozen foods and sweets. Alternatively, purchasing fresh fruits and vegetables instead.
5. Healthy snacks should always be available to avoid unhealthy snacks.
6. We recommend replacing soft drinks with homemade drinks such as lemonade and watermelon juice, to cool off summer heat.
7. We recommend replacing fried food with baked or air fried food.
8. Staying hydrated is necessary during the hot summer months; always ensure children are drinking enough water.







# Healthy lifestyle for children

## Sleep

### 4 reasons for children to avoid staying up at night:

Children need sleep to grow

2. Children that sleep efficiently have a normal body weight
3. Children's attention span becomes better if sleep requirement is met
4. Sleep helps the heart health

14-17 hours	12-16 hours	11-14 hours	10-13 hours	9-12 hours	8-10 hours
					
0-3 months	4-12 months	1-2	3-5	6-12	13-18

Age group

## Activities

Summer is the best time to introduce new hobbies and activities. This will help the child increase their confidence and build new skills. There are different types of hobbies children can enjoy while keeping their summer schedule full of useful activities and these include:

- Arts and crafts
- Play musical instruments
- Physical activities
- Cooking
- Acting

### Screen time should be limited for children

Screen times makes children lead a sedentary lifestyle and become less active and causes irregular eating patterns that can eventually lead to weight gain etc.

### The recommended screen time per age group is the following:

- Screen time is not advisable for children under 2
- One hour per day for children 2 to 12
- Two hours per day for teens and adults

Parents should always be aware of what the children are watching or playing on their smart devices.

# Physical activity

## Physical activity for children and young people (5-18 years)



Builds confidence & social skills



Maintains healthy weight



Improves concentration & learning



Improves health & fitness



Improves sleep



Makes you feel good



Strengthens muscles & bones



Develops coordination



Swim



Skate

Include muscle and bone strengthening activities



Bike



Sport



Skip



Climb



Aim for at least

60 minutes everyday



Lounging



Bike



Play



Run / walk

3 times per week



Dance



PE

# -09 - Children accidents

- Many children are at risk of household accidents and injuries due to negligence or improper storage of items so it is necessary to make sure that there is constant adult supervision especially for younger children
- Caregivers at home should be familiar with first-aid; you can take accredited courses during this time
- Ensure that there is always a first-aid kit at home

## Prevention of common accidents at home:



Drug poisoning



Door closure accidents



Sharp tool accidents



Pesticide and detergent poisoning



Gas accidents



Slip and fall accidents



Choking or foreign body airway obstruction



Drowning accidents



# Prevention from accidents



## Drug poisoning:

- Keep all medication at home in a place that is not accessible to children
- Explain to your child that medication is NOT candy and that it may harm him if used without adult supervision



## Door closure accidents:

- Do not leave the keys in the door and keep them in a safe place instead
- You can put rubber insulators behind the doors



## Sharp tool accidents:

- Make sure your home is child friendly and baby-proof or childproof sharp corners
- Do not leave sharp objects accessible to children
- Use utensils suitable for the child's age, such as unbreakable utensils and non-sharp utensils



## Pesticide and detergent poisoning:

- Keep pesticides and cleaning agents such as detergents or dishwashing soap in a closed, well-ventilated area, away from sources of moisture, heat and direct flame, and keep out of reach of children
- Ventilate areas if you have sprayed any pesticide/insect repellent and ensure the item you use is approved and safe for home use



## Gas accidents:

- Choose a right and safe place for the gas cylinder
- Ensure the safety of the pipe extensions. Ensure that pipes are not exposed to heat or weather factors that might cause damage and immediately replace the damaged ones
- Do not allow children in the kitchen



# Prevention from accidents



## Slip and fall accidents:

- Ensure that windows are tightly closed
- Place appropriate barriers on all windows, balconies, and places where children stand to look outside. Ensure parental supervision
- Do not leave sticky liquids on the floor
- Place staircase barriers especially for little children
- If there is any risk of the furniture/interior item falling, it should be properly fixed or mounted to avoid risk of injury



## Choking or foreign body airway obstruction:

- Keep coins, buttons, beads, money and small objects out of children's reach
- Only allow your child to play with toys suitable for his age and replace broken toys to prevent choking on parts



## Drowning accidents:

- If you have a swimming pool at home, it is necessary to put in place appropriate barriers
- Monitor your child when they swim AT ALL TIMES even if they are good swimmers

# -10-

## Summer depression

Summer time for many people is an opportunity for rest, vacations, and to enjoy the summer atmosphere and its various activities.

However, there are people who do not enjoy during summer. The long hot days and the changes in this season makes them sick.

**What are the health problems that some may experience as a result of seasonal changes?**

### Seasonal affective disorder (SAD)

Seasonal affective disorder (SAD) is one of the most common health problems that someone may experience because of seasonal changes; it is a type of depression that occurs during certain seasons of the year. There are two types of seasonal affective disorder (SAD):



Symptoms of depression begin in late spring to early summer



Symptoms of depression begin in the late fall to early winter months



# Symptoms and treatment

## Summer depression:

It is a type of depression related to climatic and life factors associated with the summer season, contributing factors include:



### Increasing heat and humidity

May cause some biological changes that affect brain chemistry, as well as feelings of discomfort and the desire to stay at home to escape from the intense heat where the air conditioning can be turned on. All this may cause a feeling of social isolation, laziness and unwillingness to do any activity. Any of these things can contribute to summer depression.



### Changes in daily routines

Such as changes in bedtime and meal times as a result of vacations, school or university holidays, and other changes that may trigger symptoms of depression.



### Financial worries

Enjoying summer times is a bit costly, especially if you want to travel or enjoy various events or if you want to enroll children in summer camps etc. and these expenses may lead to feelings of anxiety that can sometimes turn into summer depression.

## Symptoms of summer depression may include:

- Trouble sleeping
- Poor appetite
- Weight loss
- Agitation or anxiety

## Risk factors:

- Personal history of depression
- Family history of depression
- Gender: Women experience SAD more often than men
- Geography: SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

# Symptoms and treatment

## Complications:

- Social isolation
- School or work problems
- Substance abuse
- Other mental health disorders such as anxiety or eating disorders
- Suicidal thoughts or behavior

## Treatment:

Talk to your health care provider about which treatment or combination of treatments, is best for you.

**Treatments fall into four main categories that may be used alone or in combination:**

- Light therapy
- Psychotherapy
- Vitamin D
- Antidepressant medications

## Tips for Coping with Summer Depression

- Get help
- Plan ahead
- Keep up with your exercise
- Talk to your doctor about adjusting your medication
- Plan your vacation carefully
- Do not pressure yourself

# -11-

## Common travel-related infectious conditions

### 1. Diseases transmitted through food and water:

Eating contaminated food or drinking contaminated water can lead to some diseases, such as:

- Diarrhea.
- Cholera
- Typhoid fever

#### Prevention:

- Consume safe, clean food and water
- Avoid raw or undercooked foods
- Practice good hand hygiene

### 2. Diseases transmitted by mosquitoes:

An infected mosquito can transmit some diseases to humans, such as Dengue fever, Malaria, Yellow fever etc. through their bites.

**Note:** These diseases are not transmitted from an infected person to a healthy person.

#### Prevention:

- Use insect repellent
- Wear long sleeved clothing
- Sleep in a place or net protected from mosquitoes
- Eliminate stagnant water where mosquitoes breed
- Stay indoors at the most active time for mosquitoes from dawn/dusk



# -11-

## Common travel-related infectious conditions

### 3. Diseases transmitted by animals:

These conditions refer to diseases that can be transmitted between animals & humans, such as:

- Rabies
- Brucellosis

#### Prevention:

- Avoiding contact with wild or stray animals
- Seek medical attention if bitten

### 4. Diseases transmitted through the respiratory system:

These diseases can be transmitted through respiratory droplets, leading to symptoms ranging from mild respiratory symptoms to severe pneumonia

#### Prevention:

- Practice physical distancing
- Wear masks in crowded places
- Wash hands frequently
- Follow public health guidelines
- Make sure to be up-to-date with vaccines.



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