



UNITED ARAB EMIRATES  
MINISTRY OF HEALTH & PREVENTION

# Tips to stay safe during the summer

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# For adults

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> Wear lightweight cotton clothes that help your skin breathe and reduce perspiration.



> Avoid the daytime heat, which can lead to heat exhaustion or heatstroke. Protect your family members by ensuring that they stay in the shade and are hydrated by drinking plenty of water.



> Apply sunscreen suitable for your skin type to protect yourself from the harmful effects of the sunrays.



> Even if you do not feel thirsty, drinking plenty of fluids is necessary to keep your body hydrated during the summer. You can drink water, or even hot beverages such as anise, mint, hibiscus, and green tea.



> Vitamins naturally boost the immune system. You should eat plenty of fresh fruits and vegetables, especially seasonal ones that are rich in water, such as watermelons, melons, oranges, and cucumbers, to help combat infectious diseases during the summer. Make sure to wash fruits and vegetables with clean water before you consume them.



> Don't forget to work out regularly, with a target of 150 minutes per week. Make sure to exercise during moderate weather, such as after dawn or sunset.

## When the weather is dusty:

Avoid leaving the house if possible

Wear a mask when you go out, as it protects you from dust

Wear sunglasses to protect your eyes from dust

Make sure to take your prescribed medications regularly

Take an emergency inhaler with you wherever you go

Drink lots of water to maintain body balance and improve immunity

Check weather forecasts regularly for the latest warnings about dust waves or sandstorms

## For pregnant women



- It is recommended to wear appropriate clothes made of fabrics that help cool the body and absorb sweat. The clothes should also be loose-fitting to avoid skin rashes and any pressure on the abdomen and chest.
- Since pregnant women need more water, it is advised to always carry a bottle of cold water, whether in the workplace, the street, or in the house, to continuously hydrate the body and avoid heat and dehydration throughout pregnancy during the summer season.
- You should avoid exercising during the day in the summer. Consult a doctor about the appropriate exercises for a woman during her pregnancy.
- It is necessary to avoid direct sun exposure without applying a sunscreen during pregnancy, as pregnant women are more susceptible to burns and skin rashes resulting from ultraviolet radiation.
- When the temperature is high, pregnant women should stay at home as much as possible to avoid fainting, fatigue, and excessive thirst.
- It is advised to eat plenty of fresh vegetables and fruits because they contain a high percentage of water that helps hydrate the body. They also have the nutrients necessary for pregnant women, especially in the summer.
- Get adequate sleep at night, of not less than 8 hours, in a cool room wearing lightweight cotton clothing.

# For the elderly



> Drink 8-10 glasses of water a day, even if you are not thirsty.



> Eat foods rich in water, such as vegetables and fruits, especially watermelons, melons, oranges, grapefruits, cucumbers, lettuce, tomatoes, etc., at a rate of 5 servings per day (3 servings of vegetables and 2 servings of fruit).



> Practicing physical activity is beneficial for the elderly since it strengthens their muscles and bones, provided that the necessary precautions are taken, especially in the summer, such as:

- Choosing moderate weather timings, such as dawn and sunset.
- Bringing along a family member or a friend.
- Consulting a physician.
- Working out in air-conditioned gyms when the temperature is high outside.



> You should eat moderate quantities of vegetables and fruits, as they provide the body with important vitamins and minerals. However, they must be washed well to avoid gastroenteritis that affects the elderly, especially in the summer.





# For people with chronic diseases



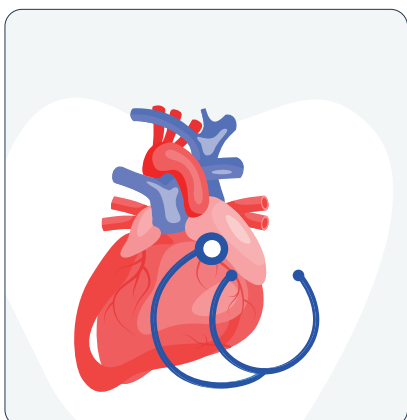
## For high blood pressure patients

- It is preferable to avoid taking cold showers or exposure to cold air directly from the air conditioner for a long time, as the sudden change in temperature affects blood pressure.
- It is advisable not to exercise outdoors for a long time in hot weather because dehydration has a greater impact on blood pressure.



## For diabetics

- You must drink sufficient amounts of water (more than 8 glasses) as diabetic patients need a greater amount of water than others.
- Make sure to eat non-starchy vegetables, such as spinach, jute mallow, and broccoli. It is also recommended to reduce your consumption of starchy vegetables, such as potatoes, carrots, and others.
- Eat fruits moderately, within the allowed number of servings. It is not recommended to eat two servings of fruit in the same meal to prevent a sudden rise in the blood sugar level, especially if the meal contains another source of carbohydrates like rice or bread.



## For heart patients

- Drink sufficient amounts of water (10-12 cups per day).
- Eat plenty of fruits and vegetables rich in water and different in color since they contain antioxidants that protect the heart and body.

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