



# GFS CLINIC NEWSLETTER

11 SEP  
2023



UNITED ARAB EMIRATES  
MINISTRY OF HEALTH & PREVENTION



الإمارات العربية المتحدة  
وزارة الصحة ووقاية المجتمع

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ABU DHABI PUBLIC  
HEALTH CENTRE | مركز أبوظبي  
للصحة العامة

دولة الإمارات  
GOVERNMENT OF U.A.E.

مجلس الصحة  
DUBAI HEALTH AUTHORITY

EHS | مؤسسة الإمارات للصحة العامة  
Emirates Health Service

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حصن نفسك احم  
مجتمعك  
Protect yourself  
protect your community

Seasonal Influenza Awareness Guide  
2023 - 2022



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الدليل التوعوي  
للأنفلونزا الموسمية  
2023 - 2022



امسح الرمز التعريفي  
للاطلاع على الدليل

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## What is seasonal influenza?

Seasonal influenza is a acute respiratory infection caused by influenza viruses which circulate worldwide in certain seasons. It infects the nose, throat, and sometimes the lungs.

### Signs and Symptoms:

- Sudden onset of fever
- Cough
- Headache
- Muscle and joint ache
- Malaise
- Sore throat and a runny nose.
- Younger children may experience vomiting and diarrhea.

## DHA Microsoft Form

TEST YOURSELF ABOUT FLU



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## Skincare in 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 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

### DHA Summer Guideline



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### GEMS Hot Weather Policy

#### Heat Index between 40 and 45

**Outdoor Physical Activity:** Lower intensity activities are to be included only and for a short period. 5-minute water breaks should be taken between activities.

**Breaks & Lunchtime:** Students must remain within shaded areas during breaks and lunchtime or preferably indoors.

#### Heat Index above 45

**Outdoor Physical Activity:** If the temperature and humidity moves into 'serious danger' and 'death danger' according to the heat index, any physical activity outside must be stopped.

**Breaks & Lunchtime:** Students should be moved into an indoor space with air conditioning. Where this not possible, students are permitted to use fully shaded outdoor areas with additional risk mitigation measures for example, misting fans. No physical activity can take place.