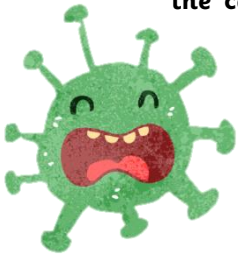


Dear Parents,

A weather change results in numerous changes in our lifestyle. Your attire changes according to the upcoming climate. Summers see more of cotton while winters are full of woollens. Similarly, you prepare appropriate food and beverages to help you get through a season change. Hot gourmet soups in winter and cups of cold coffee in summers are the usual choices.



Unfortunately, the change in weather also brings out a spell of sickness. It has a direct impact on our health. It is a known fact that many tend to catch flu or suffer from cold during season change. Surprisingly, experts state that the major reason for the cause of illnesses is not the temperature change, but the growth of certain viruses during this time. This happens mainly when summer sets in gradually after winter and when summer turns to winter.

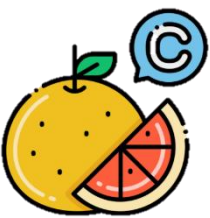


As summer is approaching in UAE, this transition will bring many communicable diseases. Influenza is one of the common contagious diseases we may observe in this seasonal change. Apart from Influenza, some common summer illnesses are: - Insect/Arachnid Bites and Stings, Heat Exhaustion, Food Poisoning and Sunburn.

Seasonal Influenza, also known as common flu, is caused by influenza viruses. It affects the respiratory system mainly nose and throat. Following are the precautionary measures we must take to prevent influenza.



- The seasonal influenza vaccine (Flu Vaccine) is encouraged to be administered every year as it protects against it. The vaccine is easily available in all health care settings.
- Stay home if the child is sick. If child has flu symptoms which include running nose, sore throat and fever, she/he might transmit it to others. Stay home for at least 24 hours after symptoms are gone.
- Cover your mouth and nose while sneezing and coughing
- Avoid cold and sour things to prevent from throat irritation
- Avoid going out in late evenings and wearing proper mask can prevent chances of catching flu
- Regular hand washing and bathing will reduce the chances of becoming infected
- Ensure intake of adequate nutrition
- Maintain proper hygiene
- Exercise regularly as it goes a long way in boosting your immune system
- Increase your intake of vitamin C-rich foods (e.g. guava, red sweet pepper, orange, and grapefruit juice)
- Consume foods high in zinc to fight infection
- Clean and disinfect surfaces and objects to avoid transmission of viruses



Stay safe, stay healthy  
Thanks & Regards,  
Laila Jawed  
AMN Clinic Nurse

