

WISHING YOU ALL A HAPPY AND HEALTHLY NEW YEAR

HEALTH TIPS FOR THE MONTH OF JANUARY 2017

FOR WINTER SEASON

Common cold and flu are generally observed issues that happen to people at time of winter. You should stay warm by wearing winter jackets and must avoid intake of cold drinks of water at this time since it could cause cold and affect your health which will spoil your enjoyment during festive occasions.

Here's some great tips to strengthen your body's immune system during winter season:



Here some tips for take care of health during winter:-

- **Drink the optimal amount of water**

In winter, you should drink the right amount of water for your health.



- Drink the optimal amount of water.
- Keep stress to a minimum. Studies have linked high stress levels to making a person more susceptible to catching colds and flu.
- Eat a healthy diet. Maintain a good healthy diet full of fresh fruits and vegetables and minimum amounts of organic meats.



- Exercise regularly. It is important to exercise regularly, even if only for 15 min a day!
- Get the right amount of sleep every night. The average person needs 6-8 hours of sleep per night. Sleep is very much like fuel that recharges your batteries!
- Don't smoke. It weakens your immune system.
- Eliminate all forms of sugar like cake, cookies and sweets, in general, but bread, pasta, rice, yogurt canned fruit juices will compromise your immune system.

- Eliminate all dairy products; alcohol; grains (bread, rice, pasta, etc.)
 - Boost your Vitamin C& Zinc.
 - Eat less food as this will give your body a much needed rest from digestion and give it a chance to concentrate on fighting off potential invaders.
 - Viruses that cause colds and the flu spread easily from person to person through coughing and sneezing, as well as touching contaminated surfaces. So wash your hands or use sanitizer regularly to keep the bacteria and viruses off your hands and out of your mouth and eyes.
 - Avoid touching your face frequently during working hours.
 - Cover your mouth when you cough or sneeze to prevent viruses from becoming airborne.
 - Re-wash your hands after coughing or sneezing to avoid infecting others.
 - Get A flu Shot
 - Practice good home hygiene
- Keep your indoor humidity level <35% to help prevent the growth of mold and mites.
 - Use exhaust fans when showering or cooking to remove excess humidity and odors.
Avoid putting rugs in the bedroom to prevent proliferation of dust mites.
 - Replace furnace filter every two to three months, put furnace fan always on.
 - During outdoor play, keep children from dark & wooded areas to prevent mold growth.
 - Use dust-proof covers from mattresses & pillows to decrease exposure to allergens.
 - Wash bed linens and nightclothes in hot water (>130 degrees) to kill dust mites.
 - Don't put plants in the bedroom, since decaying leaves & increased humidity can Stimulate growth of mold.
 - Keep household pets away from contact areas.
 - Do not exercise in the cold air.
 - Remove all dust from holiday decorations and tree. If you buy a real tree, spray it with a garden hose before setting up in the house.

Asthma patients must be very careful during winter season and should carry inhalers along with them always. Heart attack is also something that winter brings along and you must be careful about it. Hence, heart patients should keep away from unhealthy food items and pay attention to healthy food items that can keep their cholesterol under control.

“Our bodies are our gardens – our wills are our gardeners.” - William Shakespeare.



Medical Team

JSS International School

clinic@jssisdubai.com

04-3256886, 0505489717, 0559450467