



Healthy and preventive tips during Weather Changes

UAE MOHAP | وزارة الصحة ووقاية المجتمع



Avoid bad habits, such as drinking rainwater



Clean areas where water accumulates,
secure entrances, and install window screens to
prevent mosquitoes from entering the house



Wear long-sleeved clothes and use mosquito
repellent creams



Regularly clean the house and furniture using
gloves, long clothes, and masks to prevent
moisture and mold



Avoid playing and swimming in stagnant water, as it is a source of pollution



Maintain good ventilation in the house by opening windows



Clean the house from dust and dirt to avoid allergies and asthma



Ensure that drains and sewage systems are not blocked



Ensure the cleanliness of drinking water and food



In case of worrying symptoms, do not hesitate to seek medical advice



Avoid touching fallen objects and dangling electrical wires



Keep first aid supplies at home



Eat 5 servings of fruits and vegetables daily



Avoid consuming unhealthy snacks to prevent any digestive disorders



Engage in some home exercises to avoid laziness