

إرشادات صحية للسائمين والمعتمرين HEALTHCARE INSTRUCTION



إعداد : فريق يقظ التطوعي
إشراف : صحة مكة المكرمة

أختر اللغة المناسبة

CHOOSE THE LANGUAGE

الفرنسية
FRANÇAIS

العربية
ARABIC

الصينية
中国人

الأردية
اردو

الإندونيسية
INDONESIA

التركية
TÜRKÇE

الهوسا
HAUSA

الفلبينية
FILIPINO

التاميلية
தமிழ்

الهندية
हिन्दी

الإثيوبية
ETHIOPIAN

الفارسية
فارسی



INSTEAD OF DRINKING A LOT OF WATER AT
SUHOOR TO AVOID THIRST WHILE FASTING, DRINK
GLASSES OF WATER THROUGHOUT THE DAY 10
AFTER IFTAR



EATING WHOLE GRAINS IN THE SUHOOR MEAL,
HELPS YOU TO FEEL FULL DURING FASTING



SCHEDULE YOUR MEDICATION TIMINGS DURING
RAMADAN WITH THE HELP OF YOUR DOCTOR



DOING PHYSICAL ACTIVITIES, SUCH AS WALKING,
FOR HALF AN HOUR A DAY; IMPROVES DIGESTION
AFTER BREAKFAST



TO AVOID ANY DIGESTIVE ISSUES, REDUCE AND
DIVIDE YOUR MEALS THROUGHOUT THE DAY
DURING YOUR BREAKFAST PERIOD



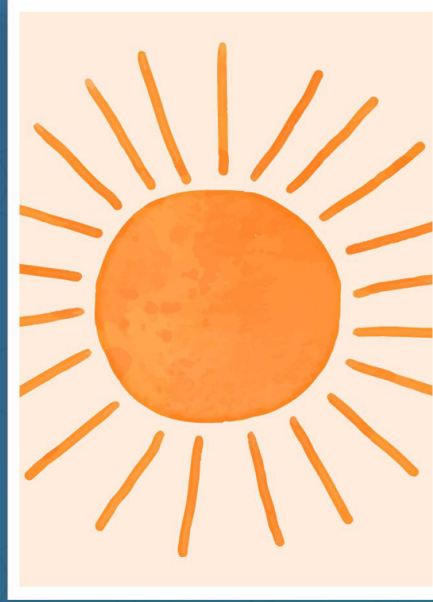
REPLACE SWEETS WITH HEALTHY, UNROASTED
NUTS, TO PROVIDE YOUR BODY WITH IMPORTANT
VITAMINS AND MINERALS



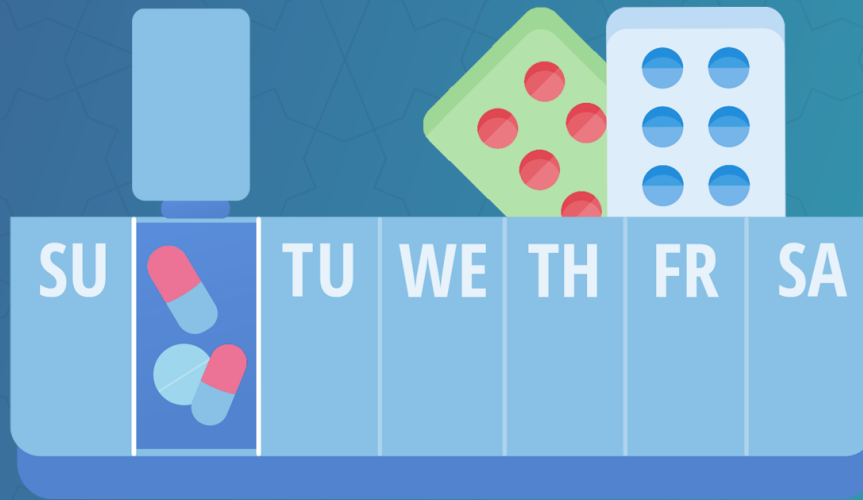
EAT GRILLED OR BOILED FOODS INSTEAD OF FRIED
FOODS; TO AVOID HIGH CHOLESTEROL - HIGH
BLOOD PRESSURE



TO AVOID FEELING THIRSTY WHILE FASTING,
REDUCE THE INTAKE OF SALTY FOOD IN THE
SUHOOR MEAL



AVOID STAYING UNDER DIRECT SUN LIGHT, AND
USE AN UMBRELLA WHEN NEEDED; TO AVOID SUN
STROKE OR TIREDNESS



MAKE SURE YOU TAKE AN ADEQUATE AMOUNT OF
YOUR MEDICATION PRESCRIBED TO YOU BY YOUR
DOCTOR IF YOU HAVE A CHRONIC DISEASE



TO PREVENT YOURSELF FROM TRANSMIT AND
INFECTIOUS DISEASES, MAKE SURE NOT TO USE
RAZORS USED BY OTHERS



DIABETIC PATIENTS

IF YOU FEEL SYMPTOMS OF DEPRESSION;
(TREMBLING - SWEATING - DIZZINESS) CHECK
,YOUR BLOOD SUGAR LEVEL, IF IT IS LESS THAN 70
YOU MUST BREAK THE FAST BY EATING A LIGHT
.MEAL TO AVOID FAINTING

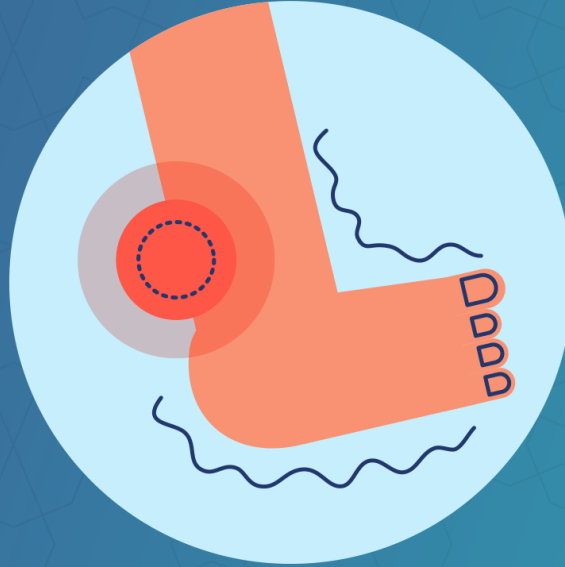


CARDIAC PATIENTS

AVOID EXPOSURE TO PHYSICAL EXERTION BEYOND
YOUR ABILITY, WHEN YOU FEEL TIRED, USE THE
WHEELCHAIR DURING TAWAF AND SAEI



ASTHMA PATIENTS
BEFORE ANY PHYSICAL EXERTION, IT IS
PREFERABLE TO USE AN INHALER, ESPECIALLY
DURING TAWAF AND SAEI



MUSCLE AND LIGAMENT STRAIN

WHEN YOU FEEL PAIN IN THE MUSCLES AND LIGAMENTS DURING THE PERFORMANCE OF THE RITUALS OF UMRAH, DO THE FOLLOWING

STOP MOVING AND APPLY PRESSURE TO THE AREA TO RELIEVE PAIN

PUT COLD WATER ON THE AFFECTED AREA

SEEK THE HELP OF THE MEDICAL TEAM WHEN NECESSARY

تقبل الله أعمالكم وسعيكم وأدام عليكم الصحة والعافية



Y A Q 3 D

للمزيد من المعلومات التوعوية تابعونا على
حساباتنا في برامج التواصل الإجتماعي