

Biological clock

It is an internal clock in the human body that works 24 hours to perform basic functions and operations. The biological clock plays a major role in the wake-sleep cycle, affecting many aspects of physical and mental health



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How does the biological clock work?

The biological clock rhythm is affected by external factors

Such as darkness and light

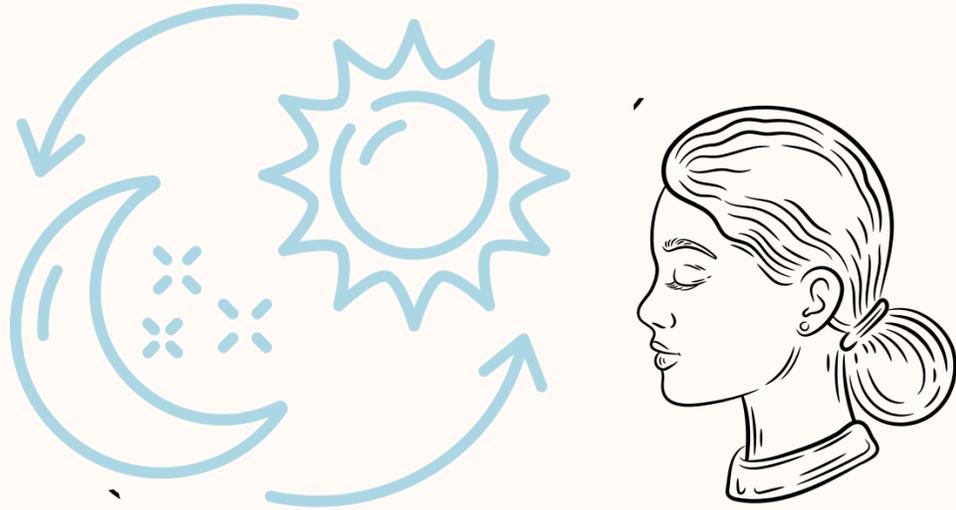
In the dark, the eye sends a signal to the brain to fire

Sleep hormone (melatonin) which makes the body tired

The effect of the biological clock coincides with

With a day and night cycle

That's why we sleep at night and wake up in the morning



[For more information](#)
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Physical activity

Lack of physical activity is a major risk factor for diseases **such as** cardiovascular disease, diabetes and cancer

Types of physical activity

- ✓ Resistance lifting weights
- ✓ Aerobic activity (such as running, swimming)
- ✓ Stretching and yoga



Physical activity and its types

The amount of physical activity previously recommended
Global Health Organization

Children and adolescents

- ✓ Between 18 and 64 years old or over 64 years old
- ✓ Engage in moderate physical activity for at least 150 minutes per week.

Children and adolescents

- ✓ Between 5 and 17 years
- ✓ Practice at least 60 minutes a day

Safety from drowning



first aid

- The drowning person is placed on a flat surface and lying on his back. Care must be taken when handling him as he may be unconscious due to hitting his head.
- Call the drowning person to make sure he responds and shake his shoulders
- If the drowning person does not respond to the call, the first aider must check his breathing
- Call the Red Crescent **997**.



Safety from drowning

If the drowning person is **breathing**:

Place him in the recovery position, warm him with a blanket or clothes, change his wet clothes and wait for the ambulance.



If the drowning person is **not breathing**:

Lift his head to open the airway, then feel the larynx in the neck with two fingers to check for a pulse for no more than 10 seconds.





Safety from drowning

- A. If there is a **pulse** but the patient is **not breathing**, begin CPR:
- Closure one nostril
- Blow for **one second** into the victim's mouth every **3 to 5 seconds**
- Check the victim's chest for each breath and wait for it to fall
- **Check for a pulse every 2 minutes**



Safety from drowning

- If there is **no pulse**, start **CPR**:
- Place your hand in the middle of the drowning person's chest at the lower half of the sternum, and place the other hand above it.
- Press the chest straight down **30 times** (for the compression to be effective, the **compression must be fast at a rate of 100-200 compressions per minute**, and at a depth of **5 cm**, making sure to allow the chest to return to its normal position after each compression).
- Perform mouth-to-mouth rescue breathing twice after every **30 compressions**.
- Continue checking the pulse every **two minutes**.
- Continue at a rate of **(30 compressions: 2 rescue breathings)**
- until the pulse returns or the ambulance arrives.





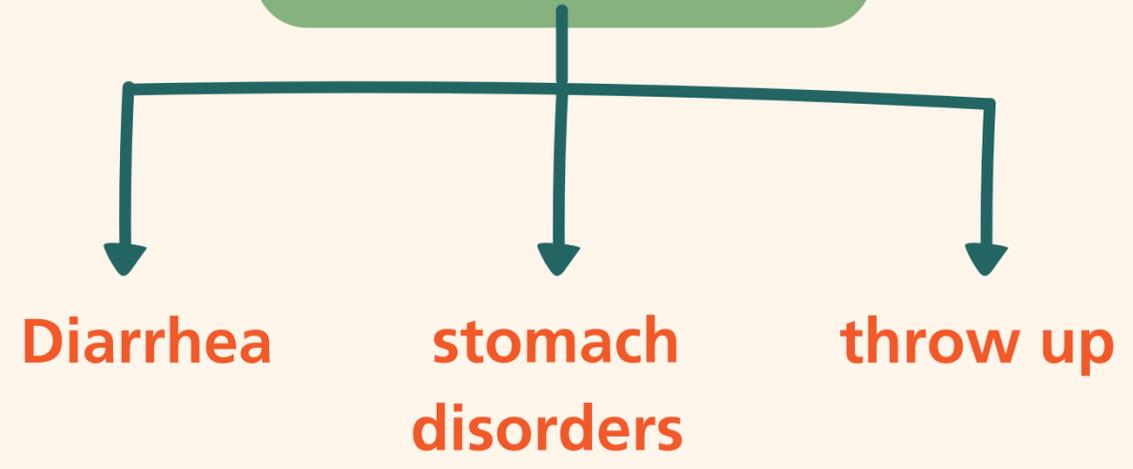
Food poisoning

Food poisoning cases increase in the summer due to the rapid growth of fungi and bacteria in warm weather

Among the most important tips to avoid eating:

- Food that are not well done
- Food not stored at safe temperatures. Food that stayed out of the fridge for a long time
- The open food
- Check the expiration date for foods and drinks before eating them.

The symptoms



It is recommended to follow the :

- Wash vegetables and fruits well.
- Separation of tools used to prepare meat.
- Wash hands thoroughly with soap and water before eating.





The importance of hygiene and personal care

The effect of summer and its problems on skin increases when hygiene and personal care are reduced!

Hygiene allows for better health and good relationships with others, and protects you from dirt and skin rotting





The importance of hygiene and personal care

The following steps may be helpful for you to care of your personal hygiene:

Showering

- It is recommended to take a shower in the evening before bed so that the skin is allowed to breathe and the body relax
- It is necessary to use soap to remove accumulated germs that cause unpleasant odors.

Clear hands

- Wash hands with soap and water, focusing on washing the wrist, nail circumference and interdigital, and drying them well, before meals, and after touching dirty objects.



The importance of hygiene and personal care

The following steps may be helpful for you to care of your personal hygiene

Cleanliness of clothes

- It is advisable to wear clothes with breathable tissue as they allow the body to breathe in the summer
- Clothes should be changed regularly because they absorb sweat and dust
- Appropriate clothes should be worn with the heat of the weather

Keep your teeth clean

- Washing teeth in the morning and evening allows us to prevent caries and avoid bad breath.
- A toothpaste rich in fur and a suitable toothbrush should be used and renewed every six months.



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | IAU . AMC

مستشفى الملك فهد الجامعي
King Fahd University Hospital

The role of breathing in vital processes

Stand up straight and then breathe deeply
Intranasal only



Hold the air for several seconds



Exhale slowly through the mouth



You can place your hands on the abdomen to see if the
abdomen is full

While inhaling and deflating while exhaling

