



## Be Safe and Healthy in Ramadan

### Your Safety is our Priority



#### When driving:

- If you feel tired or unwell, stop the vehicle in a safe location and rest until you feel better
- Avoid driving close to sunset if you can
- Avoid conflict with other drivers bad driving , remember they may be feeling unwell
- Avoid any unnecessary driving

#### Symptoms of Fatigue

- Poor concentration, drowsiness, daydreaming
- Constant yawning, stretching
- Tired, sore, heavy eyes or eyes out of focus
- Not remembering the last few miles driven and missing road signs
- Drifting from your lane, variations in driving speed
- Head nodding , eyes starts flickering



## Go with a healthy diet in Ramadan

The diet in Ramadan should be simple and not differ too much from one's normal everyday diet. It should contain foods from all the major food groups.

- Eat normal sized, nutritious meals at Sahoor and Iftar.
- Avoid foods high in fat, salt and sugar.
- Choose a diet rich in fruit, vegetable, beans, lentils, rice and grains.
- Drink plenty of fluids and avoid caffeinated beverages like coffee, tea, energy drinks or cola.
- Break the fast with a healthy snack like dates – a nutritious burst of natural sugar.
- Speak to a health professional before changing medication regimes for Ramadan.
- Avoid excessive exercise during fasting times - if you want to go to the gym, consider doing so after Iftar.

**Stay safe and healthy in Ramadan.**