

<p><span style="font-size: 14px;"> </span></p> <p><span style="font-size: 14px;">T?oztatom a Lakoss?ot, hogy dr. Paller Judit orsz?os tisztif?orvos asszony <b>2015. j?nius 11. napj? (cs?t?t?) 12.00 </b> 2015. j?nius 15. napj?g (h?f?) 24.00 <b>g 2. fok h?s riaszt? </b>adott ki Magyarorsz? eg?z ter?let?e vonatkoz?n.<br /></span></p> <p class="MsoNormal"><span style="font-size: 14px;">Lakoss?i t?oztat? h?s riaszt? elrendel?e eset?.</span></p> <p> </p> <p><span style="font-size: 14px;"><br type="\_moz" /> </span></p> <p><span style="font-size: 14px;"><b style="line-height: 150%; text-align: center;">Javaslatok a h?hull? elleni v?ekoz?hez</b></span></p> <p class="MsoNormal" align="center" style="margin-bottom:0cm;margin-bottom:.0001pt; text-align:center;line-height:150%"><span style="font-size: 14px;"><span style="line-height: 150%;"> </span></span></p> <p class="MsoNormal" align="left" style="margin-bottom:0cm;margin-bottom:.0001pt; text-align:left;line-height:150%"><span style="font-size: 14px;"><span style="line-height: 150%;">Ahogyan emelkedik a h?m?s?let, ?gy n? szervezet?nk terhel?e. A szervezet h?s szab?yoz?k?ess?? az ?t?kor, a tests?ly, a fizikai er?nl?, az eg?szi ?lapot, a t?l?koz? ?gy?szerszed? is befoly?olja. Ez?t fontos, hogy alkalmazkodjunk a meleg, forr?napokhoz.</span></span><span style="mso-bidi-font-size:10.0pt; line-height:150%;mso-fareast-font-family:&quot;Times New Roman&quot;;mso-bidi-font-family: Arial;mso-fareast-language:HU"></span></p> <ul style="margin-top:0cm" type="disc"> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size: 14px;"><span style="line-height: 150%;">Zuhanyozzunk langyos vagy hideg v?zel, naponta ak? t?bsz? is;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: &quot;Times New Roman&quot;;mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size: 14px;"><span style="line-height: 150%;">?demes ventill?ort haszn?ni, 1-2 ?? l?kondicion?t helyis?ben t?teni;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: &quot;Times New Roman&quot;;mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size: 14px;"><span style="line-height: 150%;">a d?i ??at lehet?s? szerint t?ts?k z?t helyen, s??ett helyis?ben;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: &quot;Times New Roman&quot;;mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size: 14px;"><span style="line-height: 150%;">fogyasszunk vizet, te?, sz?savmentes d?t?, j? tesz a paradicsoml? az aludttej, a kefir, a joghurt ? a levesek;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: &quot;Times New Roman&quot;;mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size: 14px;"><span style="line-height: 150%;">NE fogyasszunk k??, alkoholos italt, cukros,

illetve sz savas d?t;

style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: "Times New Roman";mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size:14px;"><span style="line-height: 150%;">a szabadban demes sz es karim kalapot, napszemveget viselni;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: "Times New Roman";mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size:14px;"><span style="line-height: 150%;">hordjunk vil os sz?, b? szab, pamut t etet;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: "Times New Roman";mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size:14px;"><span style="line-height: 150%;">a csecsem?ket, kisgyermeket nyban leveg?z tess k, ne s tassunk a h? s ben kisbab;</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: "Times New Roman";mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> <li class="MsoNormal" style="margin-bottom:0cm;margin-bottom:.0001pt;text-align:left;line-height:150%;mso-list:l0 level1 lfo1;tab-stops:list 36.0pt"><span style="font-size:14px;"><span style="line-height: 150%;">sose hagyjunk gyermeket, latokat (kuty) z t, szell?z n k li parkol aut an.</span></span><span style="mso-bidi-font-size:10.0pt;line-height:150%;mso-fareast-font-family: "Times New Roman";mso-bidi-font-family:Arial;mso-fareast-language:HU"></span></li> </ul>