

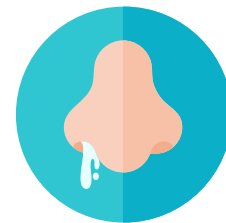
Info santé



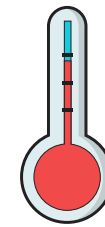
Les maladies de l'hiver

L'hiver est là avec son lot d'infections !

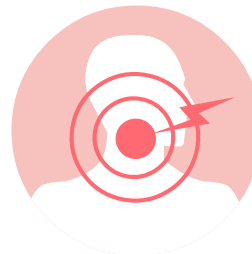
Quels sont les symptômes?



Nez qui coule



Fièvre



Mal de gorge

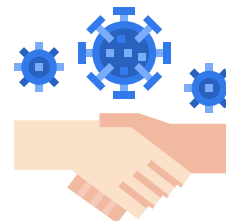


Toux

Il peut y avoir d'autres symptômes

Comment se transmettent ces virus ?

- contact
- postillons / gouttelettes



Comment s'en protéger ?

- Se laver les mains
- Se moucher avec un mouchoir jetable
- Mettre le coude devant la bouche lorsque l'on éternue
- Eviter de se toucher le nez
- Faire les vaccinations recommandées
- Assurer une bonne ventilation des pièces
- Porter un masque



Que faire quand on a l'un de ces symptômes ?

- rester à la maison (rien ne sert de contaminer ses camarades de classe)
- voir un médecin
- se reposer
- Prévenir l'école du diagnostic afin que l'on puisse assurer une veille sanitaire



Recommandations de l'OMS



Health info

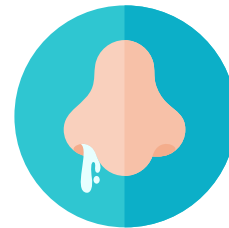


Winter diseases

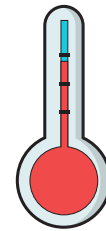


Winter is here with its increase of infections !

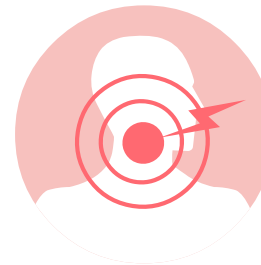
What are the symptoms?



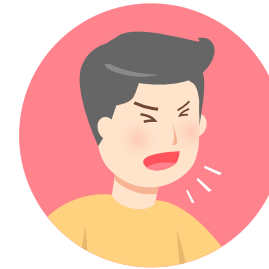
runny nose



fever



sore throat



cough

There may be other symptoms

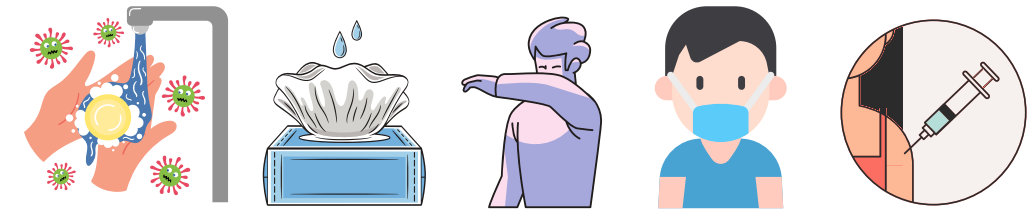
How do these viruses spread ?

- close contact
- spits everywhere/air droplets



How to protect yourself from it?

- Wash hands
- Wipe with a disposable tissue
- Elbow in front of mouth when sneezing
- Avoid frequently touching your nose
- Do the recommended vaccinations
- Ensure good ventilation of rooms
- Wear a mask



What to do when you have one of these symptoms?

- stay at home (try to avoid the contaminating with classmates)
- see a doctor
- rest
- Notify the school of the diagnosis so that health monitoring can be ensured



recommendations of WHO

健康与你

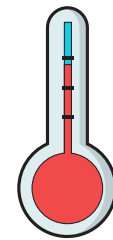


冬天的疾病

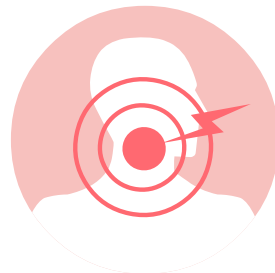
冬天来了，它的感染比例 增加!
有哪些症状?



流鼻涕



发烧



喉咙痛



咳嗽

可能还有其他症状

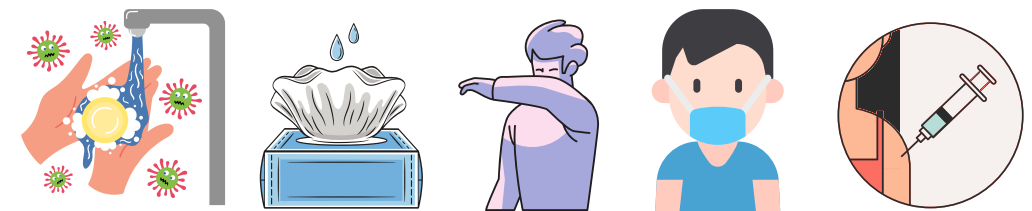
这些病毒如何传播?

- 密切接触
- 随地吐痰/飞沫传播



如何保护自己免受它的侵害?

- 洗手
- 用一次性纸巾擦拭
- 打喷嚏时用胳膊前臂遮挡
- 避免频繁触摸鼻子
- 接种推荐的疫苗
- 确保房间通风良好
- 戴口罩



当你有这些症状的时候该怎么办?

- 待在家里 (尽量避免同学间交叉感染)
- 看医生
- 休息
- 通知学校与此相关诊断, 以便学校确保健康监测



世界卫生组织的建议

