

ГРИПП

Как защитить себя и других



The infographic is titled "ГРИПП" (Flu) and "Как защитить себя и других" (How to protect yourself and others). It features a blue background with a gold scalloped border. The content is organized into several sections:

- Top Left:** An icon of a person coughing into their elbow. Text: "Прикрывай рот и нос, когда кашляешь или чихаешь" (Cover your mouth and nose when you cough or sneeze).
- Top Right:** An icon of a person in bed. Text: "Если у тебя симптомы гриппа, оставайся дома, не выходи на улицу, не посещай общественные места" (If you have flu symptoms, stay home, don't go outside, don't visit public places).
- Middle Left:** An icon of a person washing hands at a sink. Text: "Регулярно мой руки с мылом" (Wash your hands regularly with soap).
- Middle Right:** An icon of a person touching their face with a red prohibition sign. Text: "Не трогай глаза, нос и рот немытыми руками" (Don't touch your eyes, nose, and mouth with unwashed hands).
- Below Middle Left:** An icon of a person sitting in a chair. Text: "Если у тебя симптомы гриппа, не приближайся к окружающим более, чем на 1 метр" (If you have flu symptoms, don't get closer than 1 meter to others).
- Below Middle Right:** An icon of two people hugging with a red prohibition sign. Text: "Избегай объятий, рукопожатий и поцелуев при встрече" (Avoid hugs, handshakes, and kisses when you meet).
- Bottom Left:** An icon of a person throwing a tissue into a trash bin. Text: "Немедленно выбрасывай использованные салфетки" (Immediately throw away used tissues).
- Bottom Middle:** An icon of a person in a hospital bed. Text: "Если у тебя симптомы гриппа, немедленно обратись к врачу" (If you have flu symptoms, see a doctor immediately).
- Bottom Right:** A cartoon illustration of a female doctor with orange hair and glasses, wearing a white lab coat, holding a flask with blue liquid. Two small white mice are at her feet.

arz-skola7.3dn.ru