




Qishki sovuq to'liqlardan kelib chiqadigan sovuq kasalliklarni oldini olish bo'yicha qo'llanma

Issiq

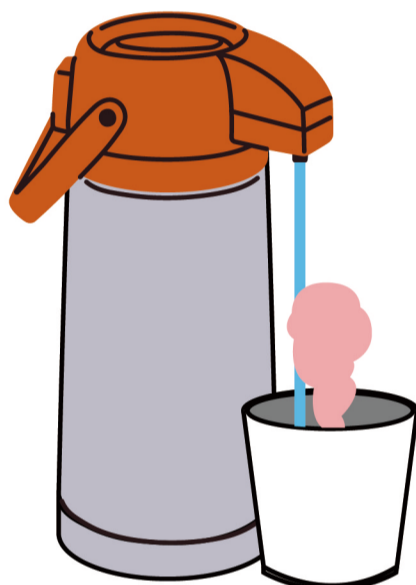
kiyim, suv va boshpana



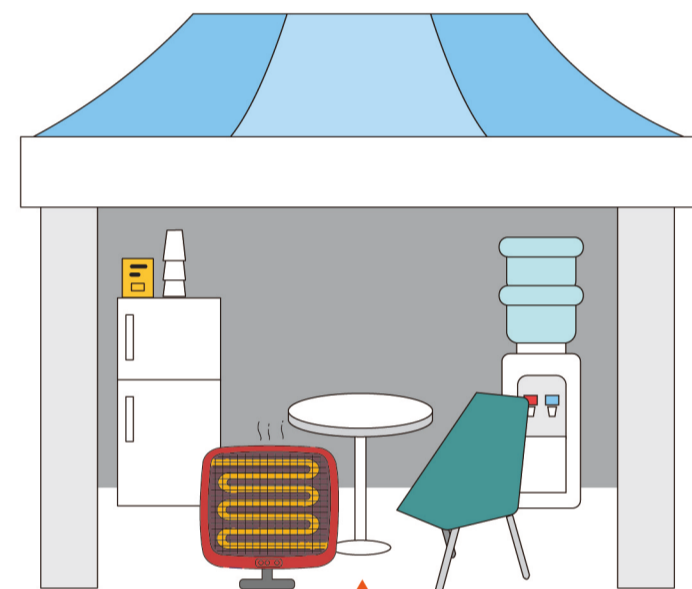
 Uzoq vaqt davomida **sovuqda bo'lganingizda** paydo bo'lishi mumkin bo'lgan **muzlashdan va hipotermiyadan** ehtiyot bo'ling.



Issiq kiyim

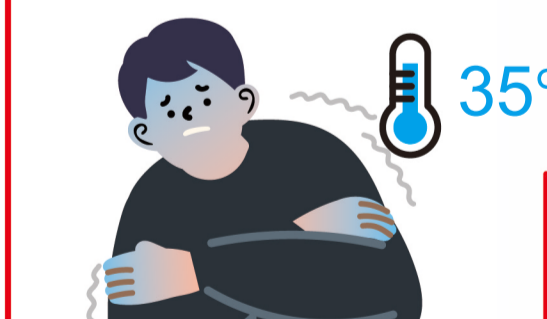


Issiq suv



Issiq dam olish joyi (boshpana)

Xavfli



Sovuq bilan bog'liq kasallikning paydo bo'lishi



35°C kam



Ko'z qorachig'in ing kengayishi

Ongni yo'qotish

Nafas yoq

qutqarish so'rovi



Kasalxonaga o'tkazish

Favqulodda vaziyatlarda aloqa raqamlari

