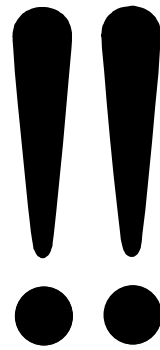


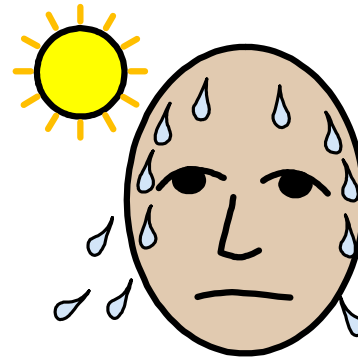
Calor



Está



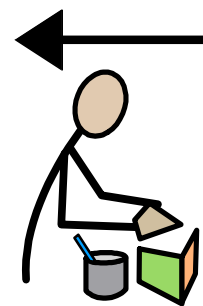
muito



calor



O que



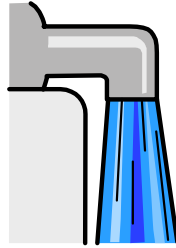
fazer?



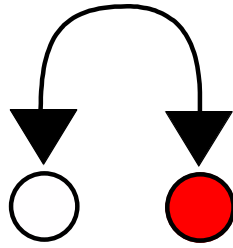
Beber



muita



água



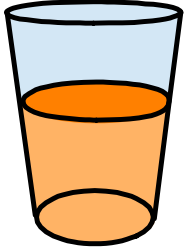
ou



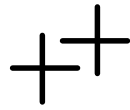
sumos naturais.



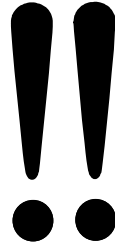
Evitar



bebidas



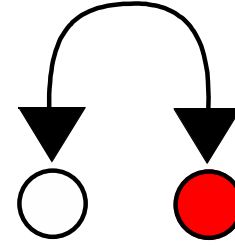
com



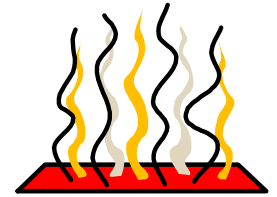
muito



açúcar



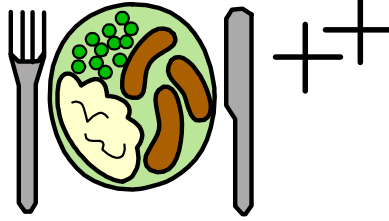
ou



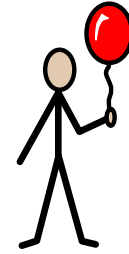
quentes.



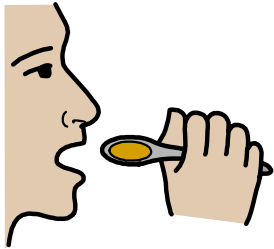
Fazer



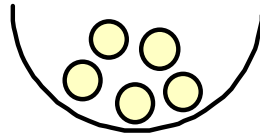
refeições



leves.



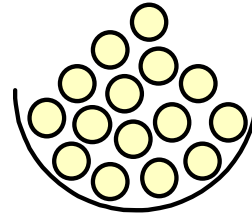
Comer



pouco



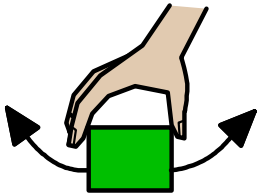
mas



várias

$3 \times 2 =$

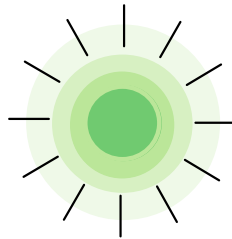
vezes.



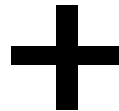
Usar



roupas



frescas



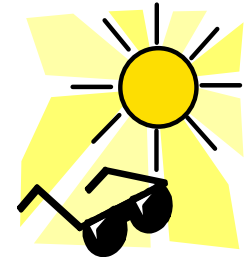
e



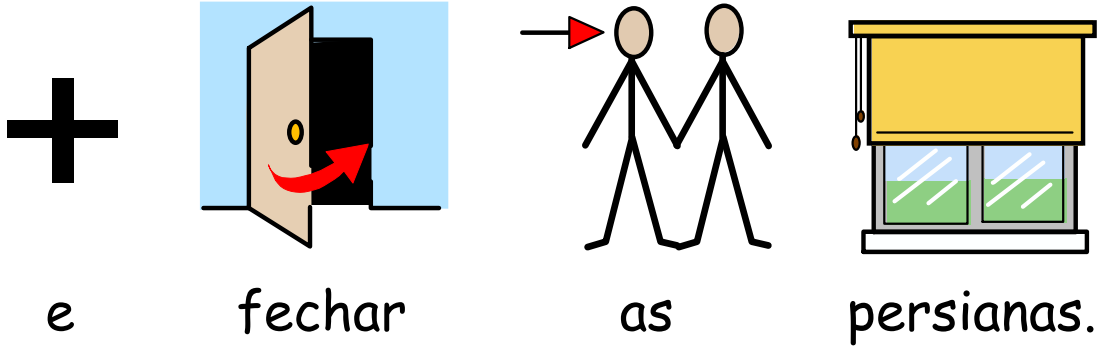
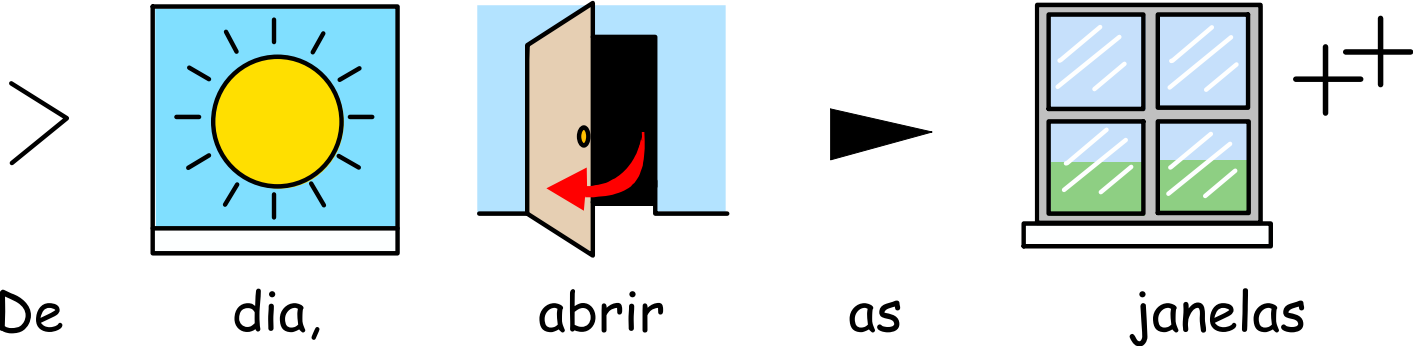
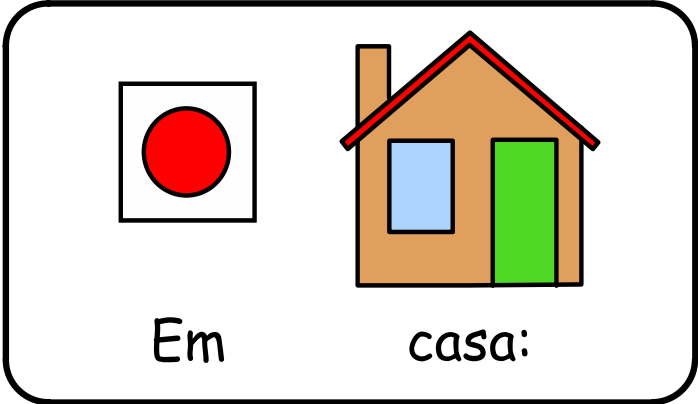
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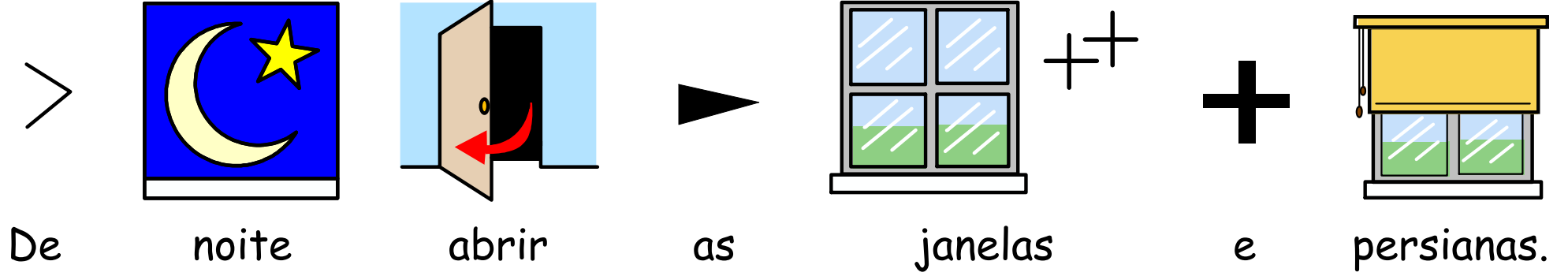


cores



claras.





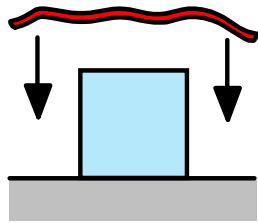
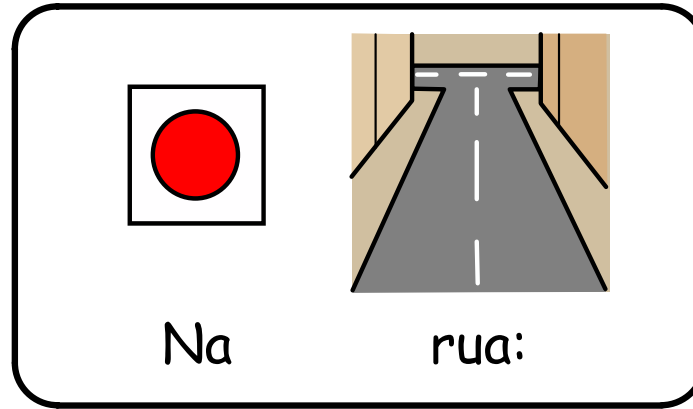
De noite abrir as janelas e persianas.



Se estiver muito quente, não tomar banho com



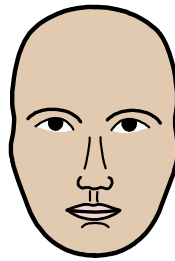
água muito fria.



Tapar



a



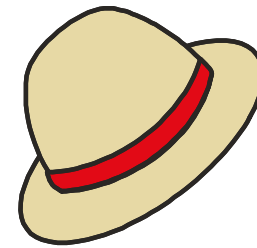
cabeça



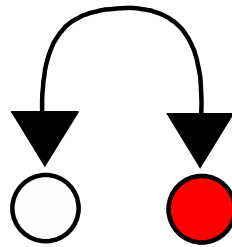
com



um



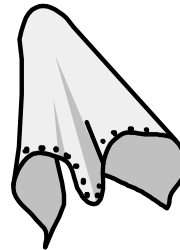
chapéu



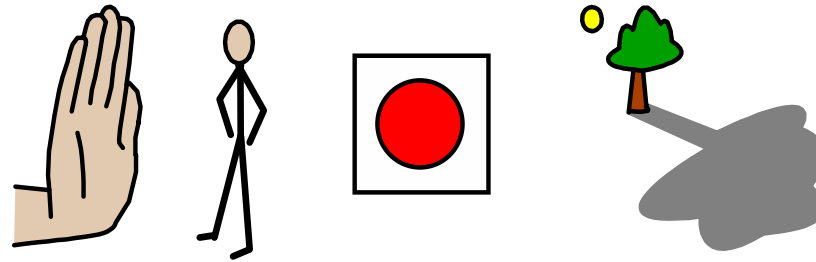
ou



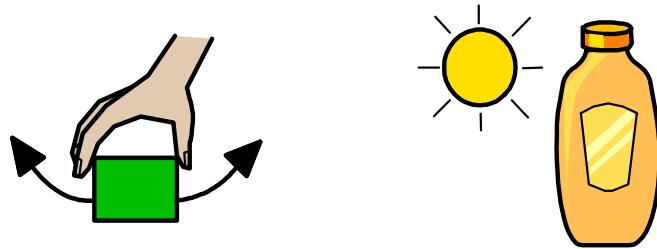
um



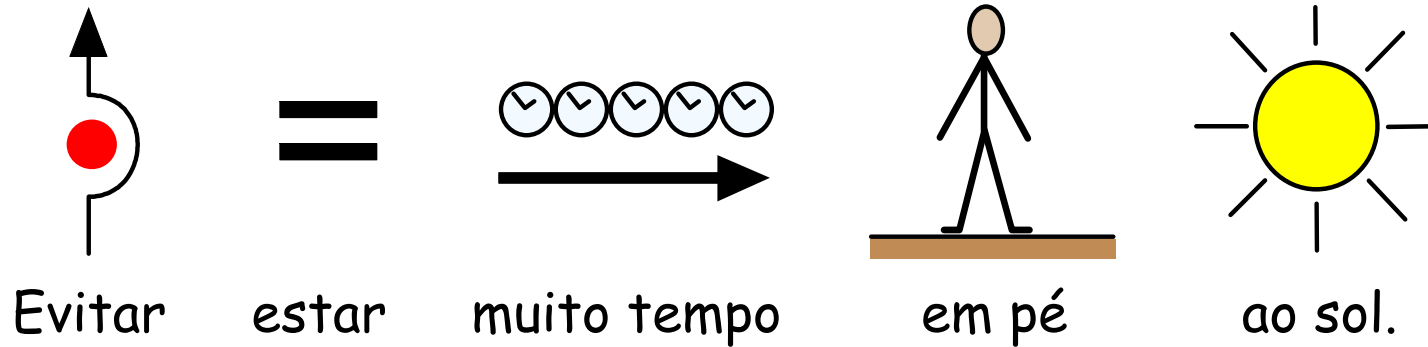
lenço.



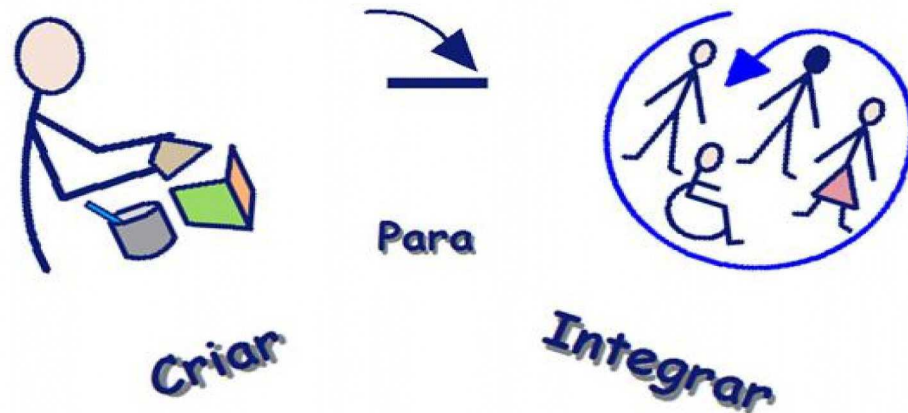
Ficar na sombra.



Usar protector solar.



Evitar estar muito tempo em pé ao sol.



Este livro foi realizado pelo grupo 'Integrar' do 12º ano da ESIDM no âmbito da disciplina de Área de Projecto, com a colaboração do CRTIC Coimbra.



Centro de Recursos TIC para a Educação Especial
Escola Secundária Infanta Dona Maria