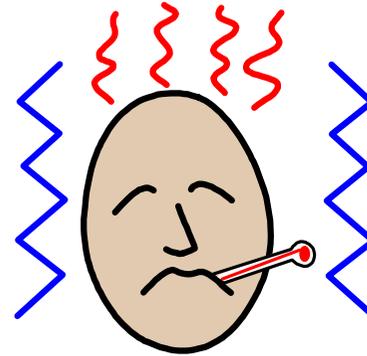




Gripe



Estou

com

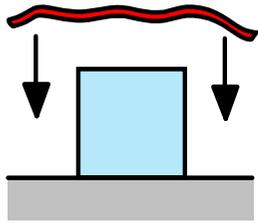
gripe



O que



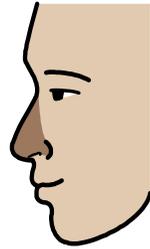
fazer?



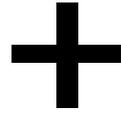
Tapar



o



nariz



e



a



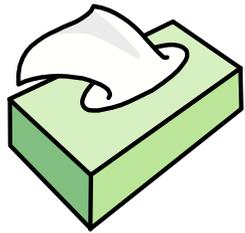
boca



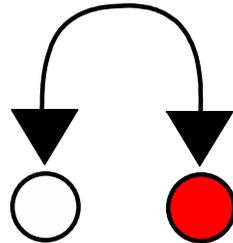
com



um



lenço de papel



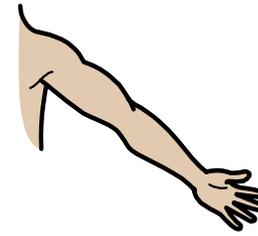
ou



com



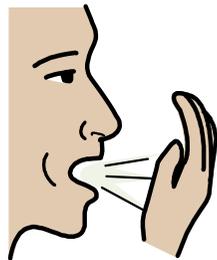
o



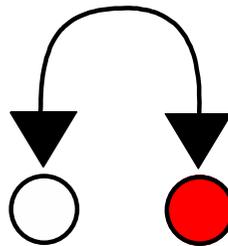
braço,



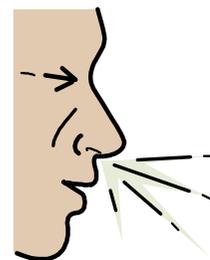
quando



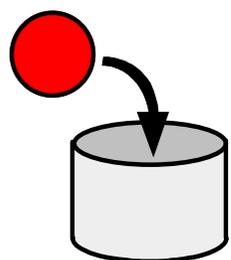
tossir



ou



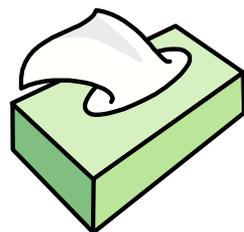
espirrar.



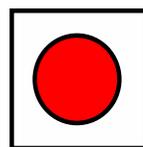
Pôr



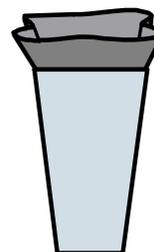
o



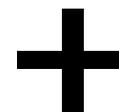
lenço



no



lixo



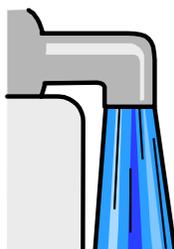
e



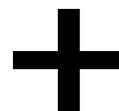
lavar as mãos



com



água



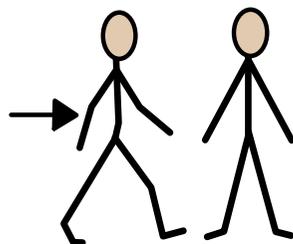
e



sabão.



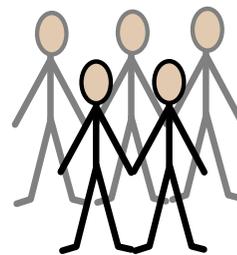
Evitar



aproximar-me



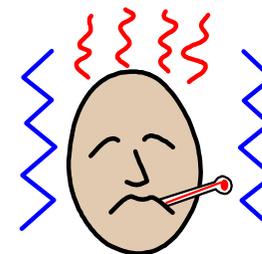
de



pessoas

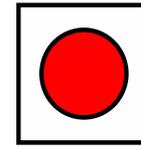
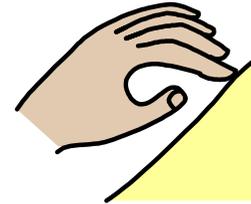


com



gripe.

...



Se

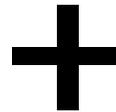
não

lavar as mãos

evito

tocar

nos



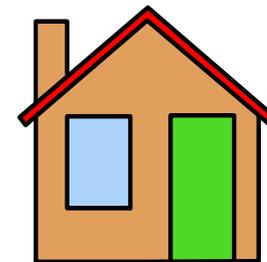
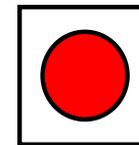
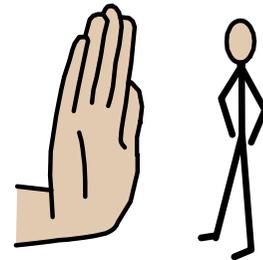
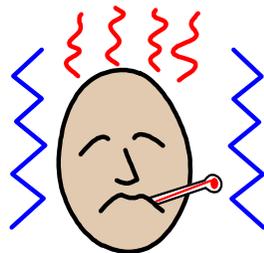
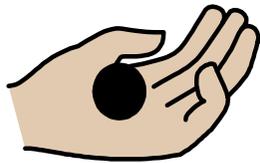
olhos,

nariz

e

boca.

...



Se

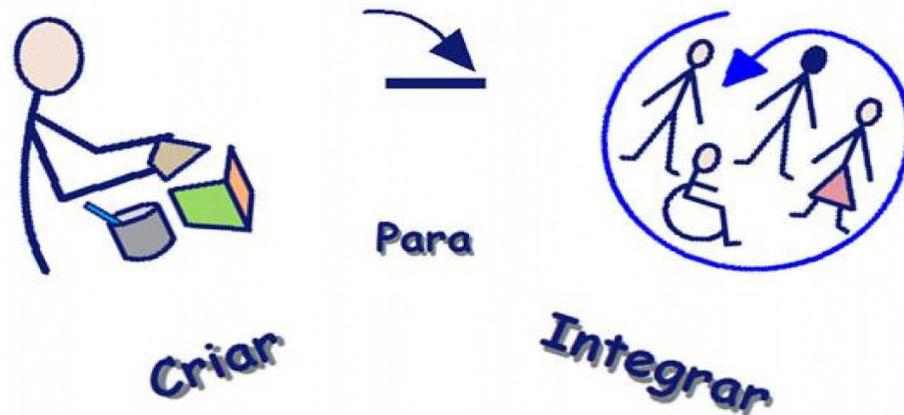
tiver

gripe,

fico

em

casa.



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