



Varno s soncem



OSVEŠČANJE UČENCEV NA OŠ IVANA CANKARJA VRHNIKA O NEVARNOSTI UV ŽARKOV



TJAŠA ŽNIDARŠIČ, OSNOVNA ŠOLA IVANA CANKARJA VRHNIKA

Varno s soncem

A stylized sun icon with a yellow center and orange rays, positioned behind the letter 'o' in the word 'soncem'.

NIJZ

Nacionalni inštitut
za javno zdravje

Društvo za boj proti
raku regije Celje

The logo for the Slovenian Society of Dermatologists and Venereologists (ZSD), featuring a stylized white 'ZSD' on a red-to-orange gradient background.

ZSD

ZDRUŽENJE SLOVENSkih
DERMATOVENEROLOGOV

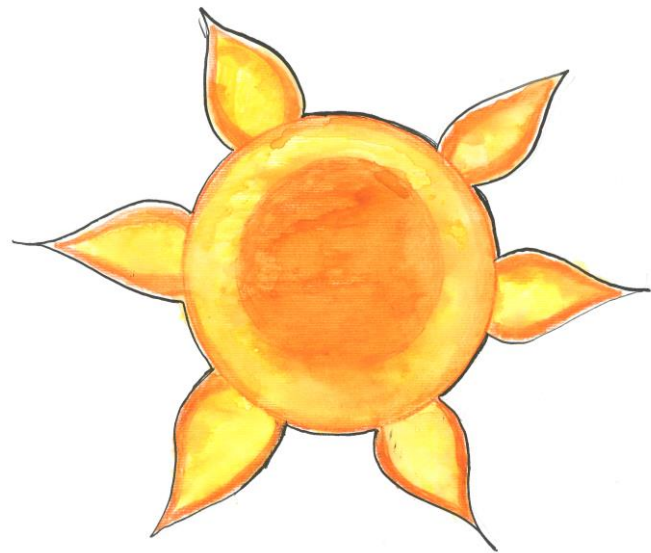


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Maia Sloga

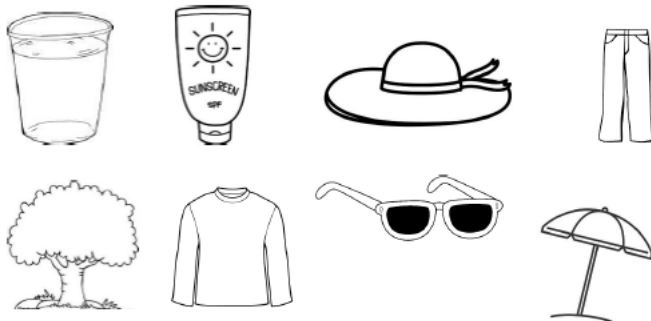


Maia Sloga

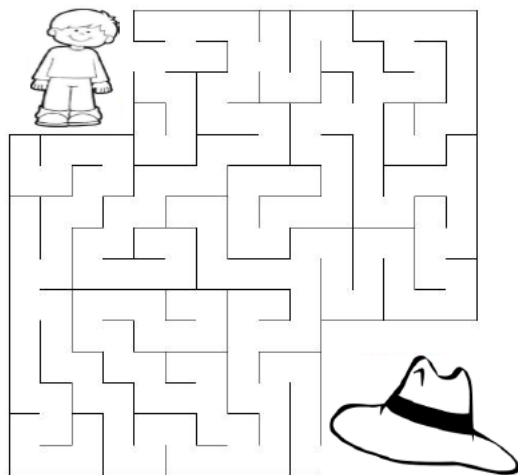
OPOMNIKI ZA IZVAJANJE ZAŠČITE PRED SONCEM

(izdelano po Kidskin, sun safety education program)

	PIJEM VELIKO VODE
	OBLEČEM SI MAJICO Z DOLGIMI ROKAVI
	NADANEM SI KLOBUK IN SONČNA OČALA
	OBLEČEM SI DOLGE HLAČE
	IGRAM SE V SENCI
	NAMAŽEM SE Z ZAŠČITNO KREMO



1. Pomagaj fantku poiskati pot do klobuka.



Varno s soncem

KORISTNI IN ŠKODLJIVI UČINKI SONCA



Svetloba
Toplota
Dobro počutje
Tvorba vitamina D



Sončno UV sevanje ima številne škodljive učinke na:
- Kožo
- Oči
- Imunski sistem

Pravila zaščite pred UV sevanjem



1. Omejimo izpostavljanje soncu med 10. in 16. uro.



2. Umaknimo se v senco ali naredimo senco.



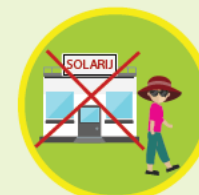
3. Ustvarimo si individualno senco, s primernimi oblačili, pokrivalom, zaščito oči.



4. Kot dodatno zaščito uporabimo kemične varovalne pripravke.



5. Za nadomeščanje izgubljene tekočine pijmo dovolj vode.



6. Ne uporabljajmo solarija.



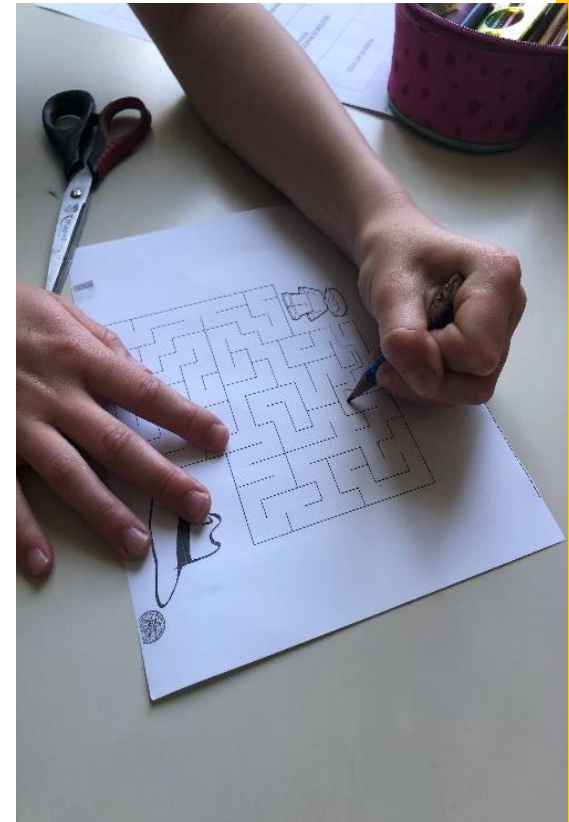
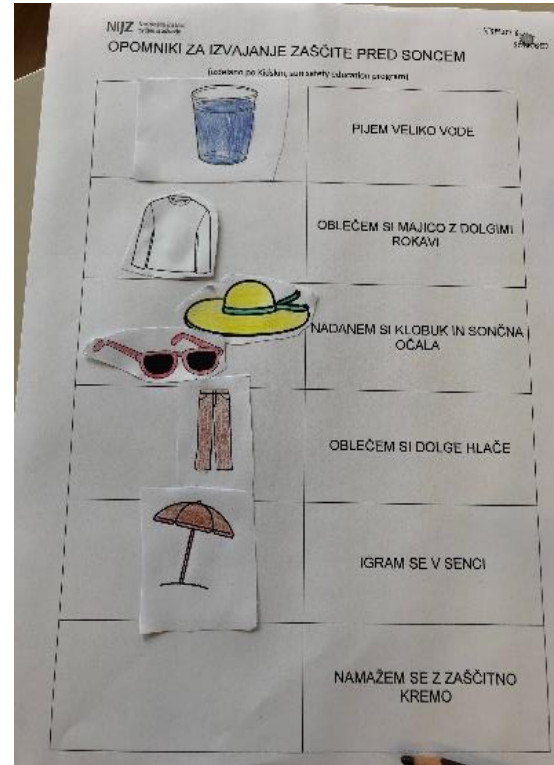
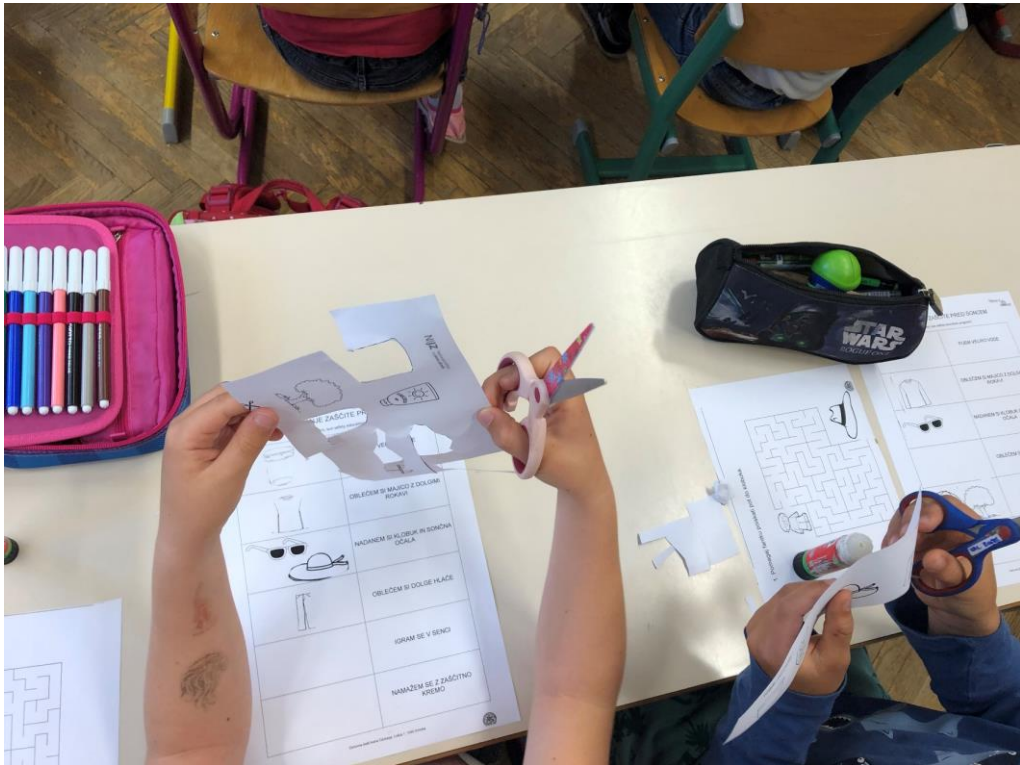


Sloja













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NIUZ PPT predstavitev

- Ideje in načrti za prihodnost.



HVALA ZA VAŠO POZORNOST IN LEP
DAN ŠE NAPREJ.



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