

<p class="MsoNormal"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; color: red; mso-ansi-language: FR;" lang="FR"><strong>COMUNICAT DE PRESA</strong></span></p> <p class="MsoNormal"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: FR;" lang="FR"> </span></p> <p class="MsoNormal"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: FR;" lang="FR"> </span></p> <p class="MsoNormal" style="text-align: justify; text-indent: .5in;"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: IT;" lang="IT">Avand in vedere fenomenele meteorologice cu care ne confruntam in aceasta perioada, Compartimentul de Promovarea Sanatatii al Direc?iei de S?n?itate Public? Valcea<strong> <span style="color: red;">recomand? cet??enilor s? respecte urm?toarele m?suri generale</span></strong><span style="color: red;">: </span></span></p> <p class="MsoNormal" style="text-align: justify;"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: IT;" lang="IT">- S? evite deplas?rile ◆ spa?ii deschise ?i expunerea la frig. ◆ cazul ◆ care este necesar? deplasarea ◆ spa?ii deschise, este recomandat? folosirea de mijloace de protec?ie adecvate - c?ciuli, m?nu?i, ◆br?c?minte ?i ◆c?l??minte ◆ adaptate condi?iilor meteorologice ?i care s? nu exercite presiuni pe circula?ia vascular? a extremit??ilor. </span></p> <p class="MsoNormal" style="text-align: justify;"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: IT;" lang="IT">- S? consume alimente bogate ◆ proteine ?i gr?simi nesaturate (vegetale), fructe, legume. </span></p> <p>◆</p> <p class="MsoNormal" style="text-align: justify;"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: IT;" lang="IT">- S? evite consumul ◆ exces de b?uturi alcoolice ?i cafea; s? fie evitat fumatul ?i ◆c?perile cu fum de ?igar?.</span></p> <p class="MsoNormal" style="text-align: justify;">◆</p> <p class="MsoNormal" style="text-align: justify;"><span style="font-size: 8.0pt; font-family: &quot;Verdana&quot;;&quot;sans-serif&quot;; mso-ansi-language: IT;" lang="IT"><a href="..../upload/comunicate/comunicat.doc">mai mult >>> </a></span></p>