

οδηγός προστασίας

προστατεύομαι & προστατεύω

για να είμαστε όλοι υγιείς



όταν νοιάζομαι πώς δείχνω την αγάπη μου;

κρατώ



αγκαλιάζω



προστατεύω

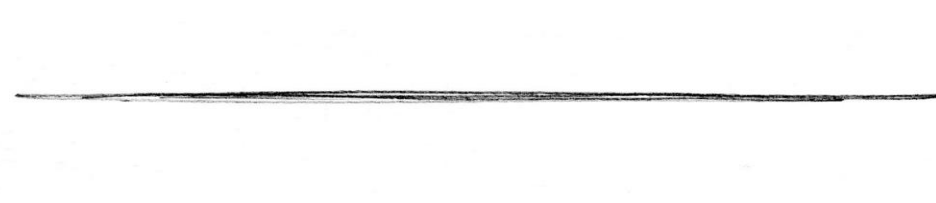


βοηθώ



λέω με πράξεις και με λόγια:

σ'αγαπώ



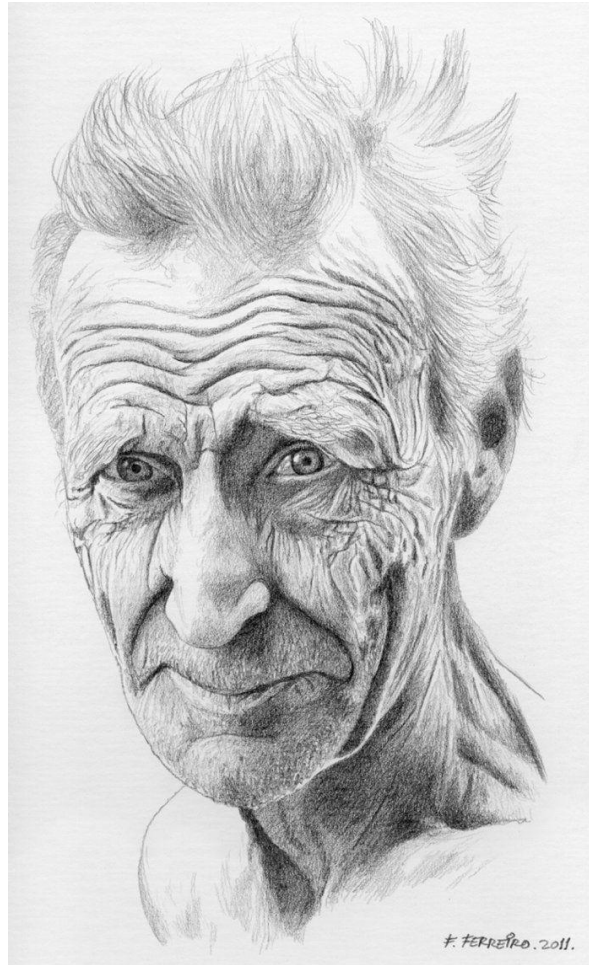
για να μην αρρωστήσω ή μεταφέρω τον covid-19 (κορωνοϊό)

τι *αλλάζω* για να δείξω ότι νοιάζομαι;

αγαπώ *αλλά...*

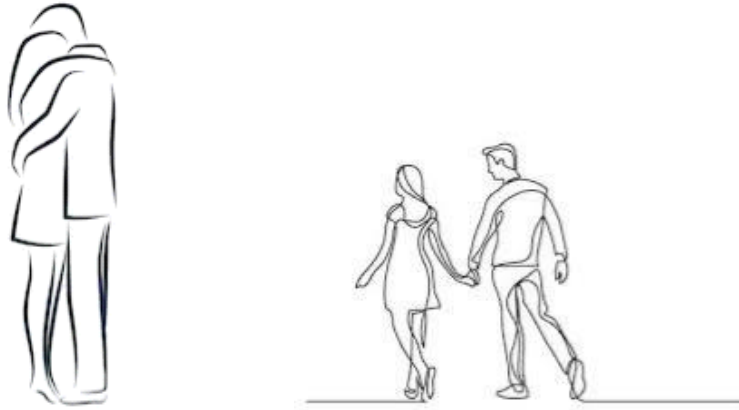
προστατεύω τους ασθενείς και μεγαλύτερους





Πώς;

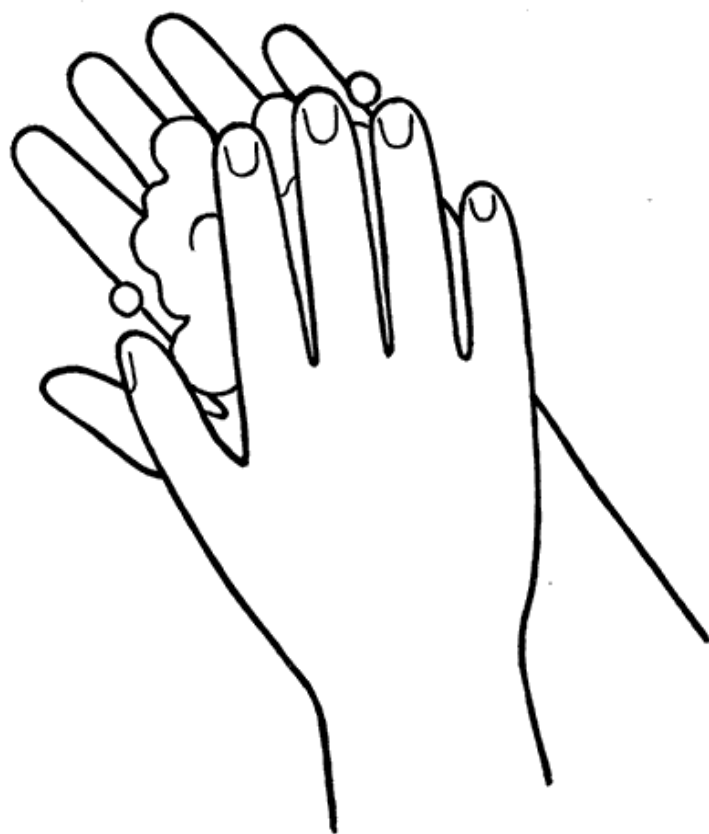
αποφεύγω χειραψίες και αγκαλιές

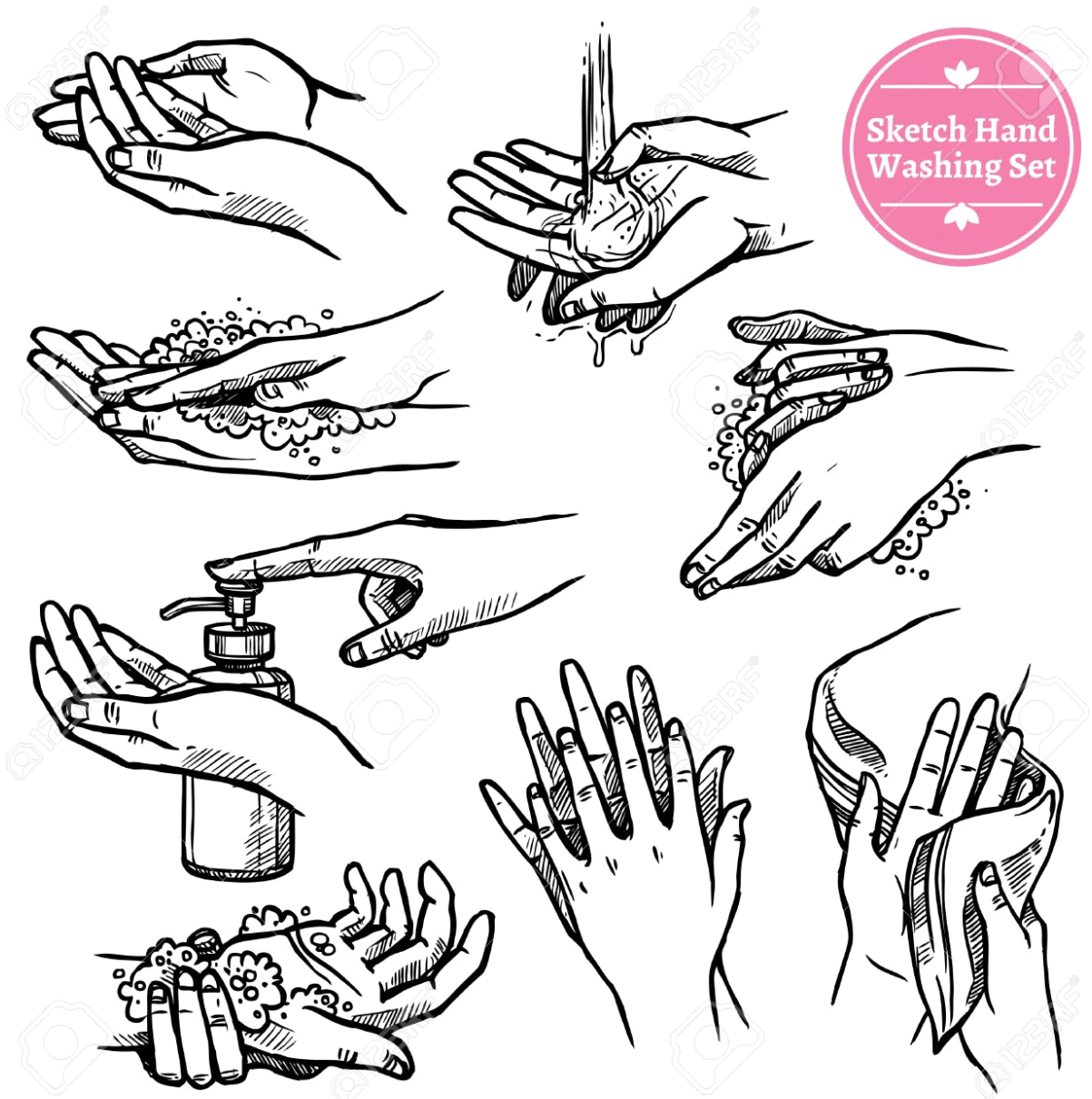


χαιρετώ από μακριά



πλένω καλά και συχνά τα χέρια μου





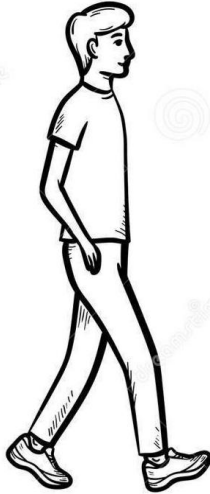
οταν βήχω σκεπάζω το στόμα μου



μένω σπίτι



**βγαίνω μόνο όταν υπάρχει ανάγκη
μόνος ή με έναν συνοδό**

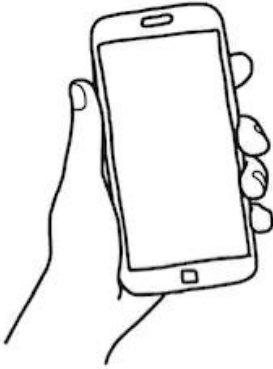


αν νιώσω άρρωστος, έχω επίμονο βήχα ή πυρετό



το λέω σε έναν μεγάλο

παίρνω τηλέφωνο το γιατρό μου ή τον ΕΟΔΥ (210 5212 054)



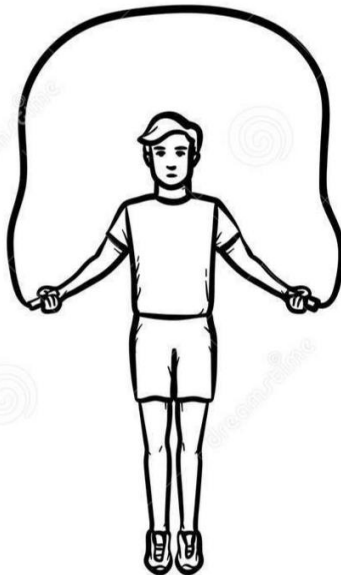
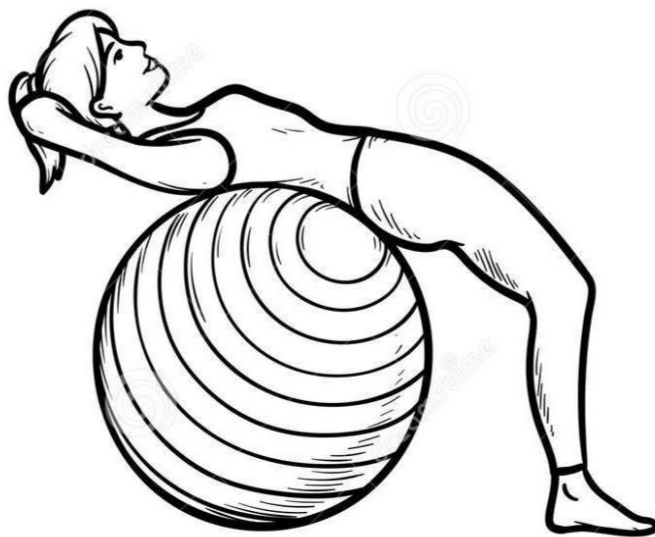
<https://eody.gov.gr/neos-koronaios-covid-19/>

κρατώ την ψυχραιμία μου

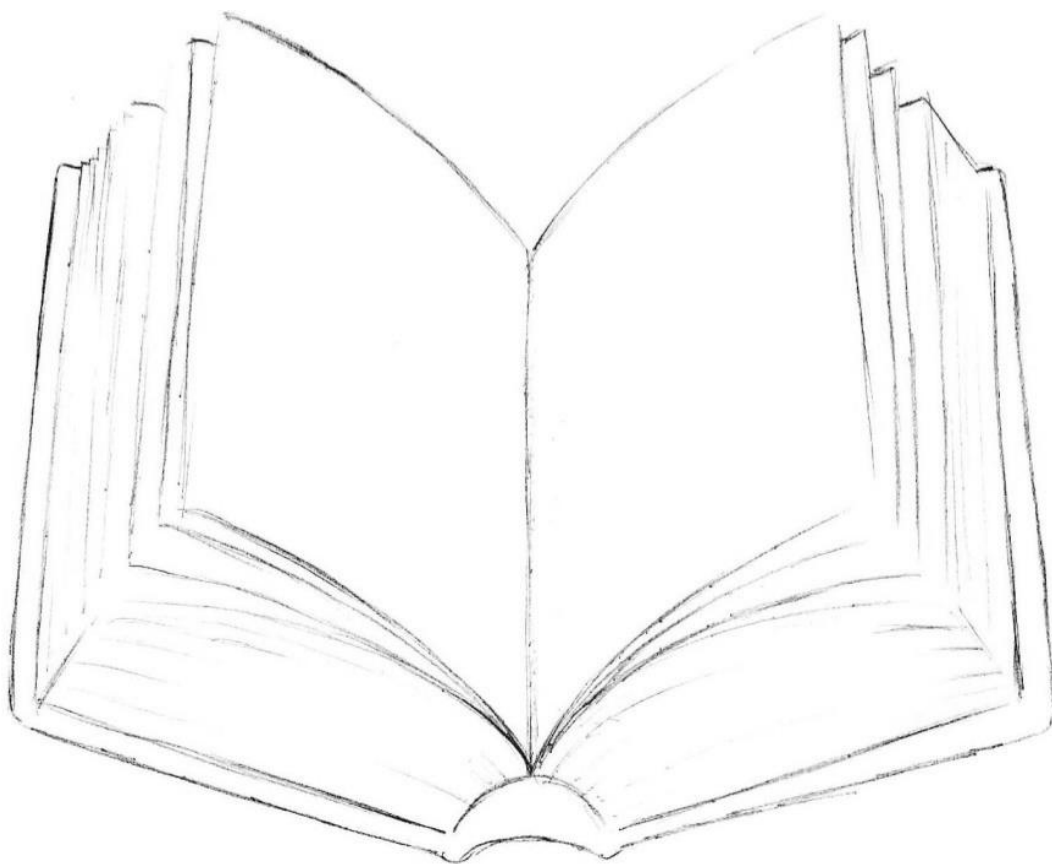


τι μπορώ να κάνω στο σπίτι για να νιώθω καλύτερα;

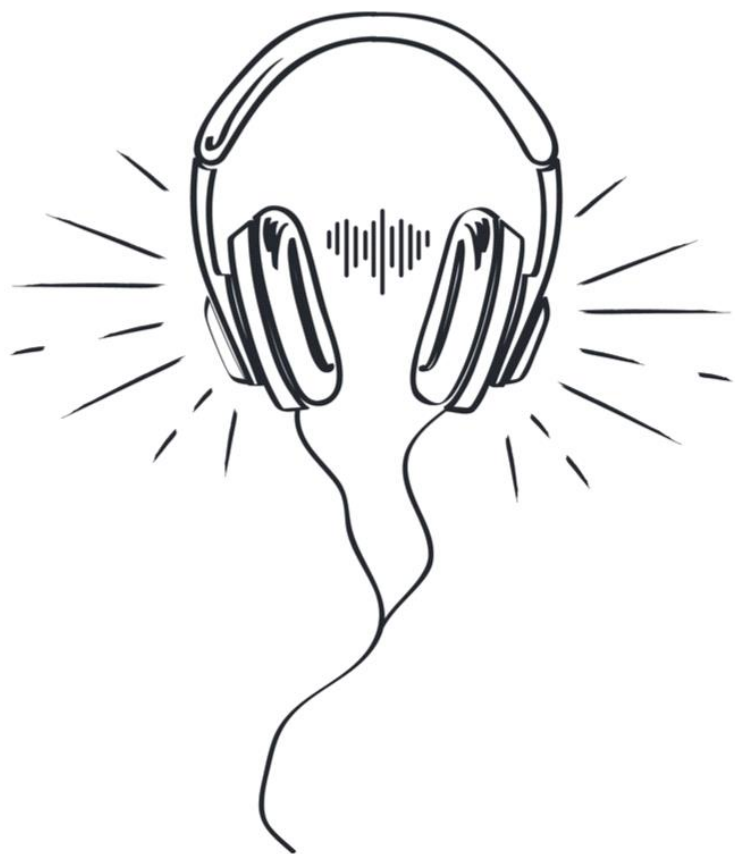
μπορώ να γυμνάζομαι



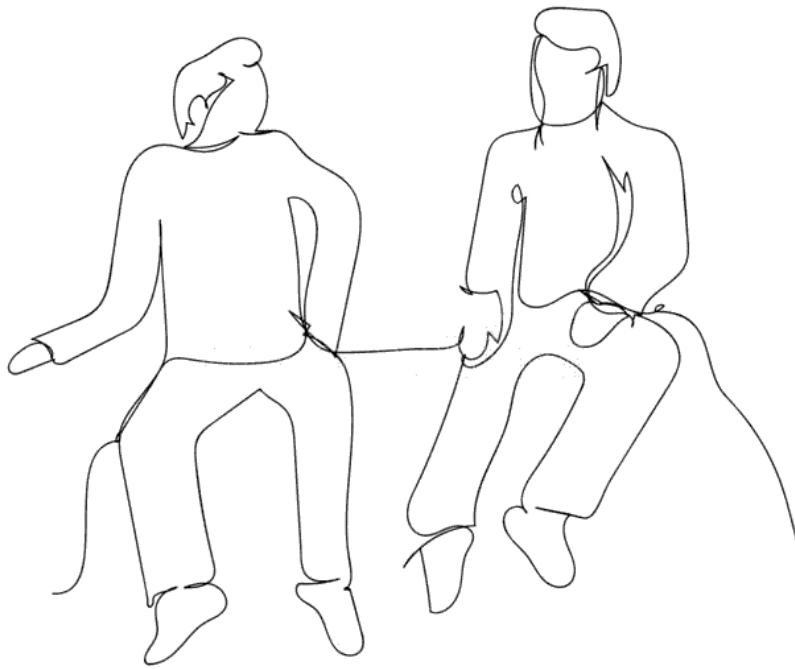
να διαβάζω ή να μου διαβάζουν



να ακούω μουσική



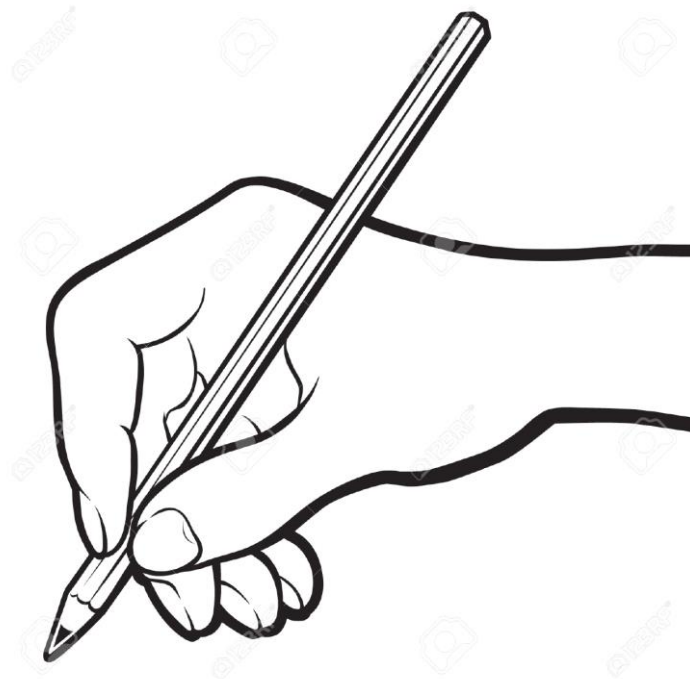
να συζητώ



να λέω αυτό που αισθάνομαι



να δημιουργώ



να μαθαίνω



έτσι βοηθώ

έτσι αγαπώ

όχι μόνο έμένα

ούτε μόνο την οικογένειά μου



αλλά όλους μας



και όταν τελειώσει όλο αυτό

πάλι θα αγαπάμε με αγκαλιές και φιλιιά

για τους μαθητές και τις μαθήτριες του ΕΕΕΕΚ Πειραιά

από: Βάσια Πασπάλη / οι εικόνες από: paintingvalley.com, i.pining.com, shutterstock.com, artcadecave.com, alamy.com, dreamstime.com, drawingforall.net, vectorstock.com, adobe stock, pinterest.com, devianart.com

αναλυτικά:

<https://paintingvalley.com/touch-sketch#touch-sketch-14.jpg>

<https://www.deviantart.com/silouxa/art/Holding-Hands-48542067>

<https://www.shutterstock.com/es/image-vector/man-woman-hugging-each-other-vector-451268671>

<https://www.shutterstock.com/image-vector/helping-hand-concept-gesture-sign-help-730439128>

<https://paintingvalley.com/holding-hands-drawing#holding-hands-drawing-6.png>

<https://artcadecave.com/tag/old-man/#jp-carousel-93>

<https://www.pinterest.at/pin/3518505945647255/>

<https://paintingvalley.com/old-woman-sketch#old-woman-sketch-1.jpg>

<https://www.shutterstock.com/es/image-vector/man-woman-hugging-each-other-vector-451268671>

<https://www.shutterstock.com/image-vector/woman-child-logo-young-mother-baby-795743269>

<https://www.pixtastock.com/illustration/46740232>

[**washing-hands-whitaker-387241-gallery**](#)

https://www.123rf.com/photo_64668263_stock-vector-sketch-healthcare-black-and-white-set-of-hands-washing-and-drying-process-isolated-vector-illustrati.html

<https://paintingvalley.com/waving-hand-drawing#waving-hand-drawing-15.png>

<https://www.colourbox.com/vector/fever-man-sick-on-bed-vector-11325617>

<https://www.shutterstock.com/image-vector/illustration-vector-doodle-hand-drawn-sketch-565770085>

<https://www.alamy.com/isolated-sketch-of-a-modern-house-image240808128.html>

<https://www.shutterstock.com/image-vector/cover-your-mouth-nose-arm-when-1661315626>

<https://www.dreamstime.com/walking-person-hand-drawn-outline-doodle-icon-pedestrian-recreation-walk-activity-healthy-lifestyle-concept-vector-sketch-image122327067>

<https://www.dreamstime.com/woman-doing-abs-exercises-fitball-hand-drawn-outline-doodle-icon-healthy-lifestyle-pilates-gym-concept-vector-sketch-image122327163>

<https://www.dreamstime.com/sportsman-skiping-hand-drawn-outline-doodle-icon-sportsman-skiping-over-jump-rope-hand-drawn-outline-doodle-icon-fitness-workout-image123093001>

<https://www.drawingforall.net/how-to-draw-a-book/>

<https://www.vectorstock.com/royalty-free-vector/sketch-musical-sound-wave-with-music-notes-hand-vector-19747967>

<https://www.vectorstock.com/royalty-free-vector/headphones-headset-with-music-playing-loud-sketch-vector-23566225>

<https://www.dreamstime.com/continuous-line-drawing-two-sitting-talking-men-isolated-sketch-drawing-two-sitting-talking-men-line-concept-outline-thin-image157748216>

<https://www.pngitem.com/middle/wxxixJ-transparent-hand-drawn-circle-png-transparent-heart-sketch/>

https://www.123rf.com/photo_3295484_hand-with-pencil-b-w.html

https://www.123rf.com/photo_73507095_stock-vector-little-boy-reading-book-vector-illustration-sketch-hand-drawn-isolated-on-white-background.html

<https://www.dreamstime.com/big-family-taking-photo-together-vector-illustration-sketch-doodle-hand-drawn-black-lines-isolated-white-background-image147265278>

https://stock.adobe.com/ch_de/images/family-sketch-outlines-lines/171302372

<https://www.shutterstock.com/image-vector/big-family-taking-photo-together-vector-1394486114>

<https://www.samanthasbell.com/wp-content/uploads/2015/10/swan-drawing-1.jpg>