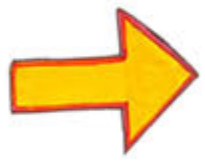
发展中社区的健康教育项目
插图
A3纸海报（小报）尺寸
2023版

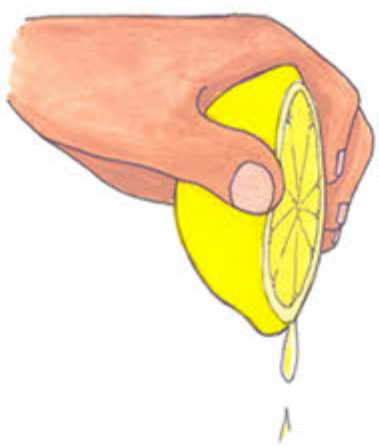
A套:1-25

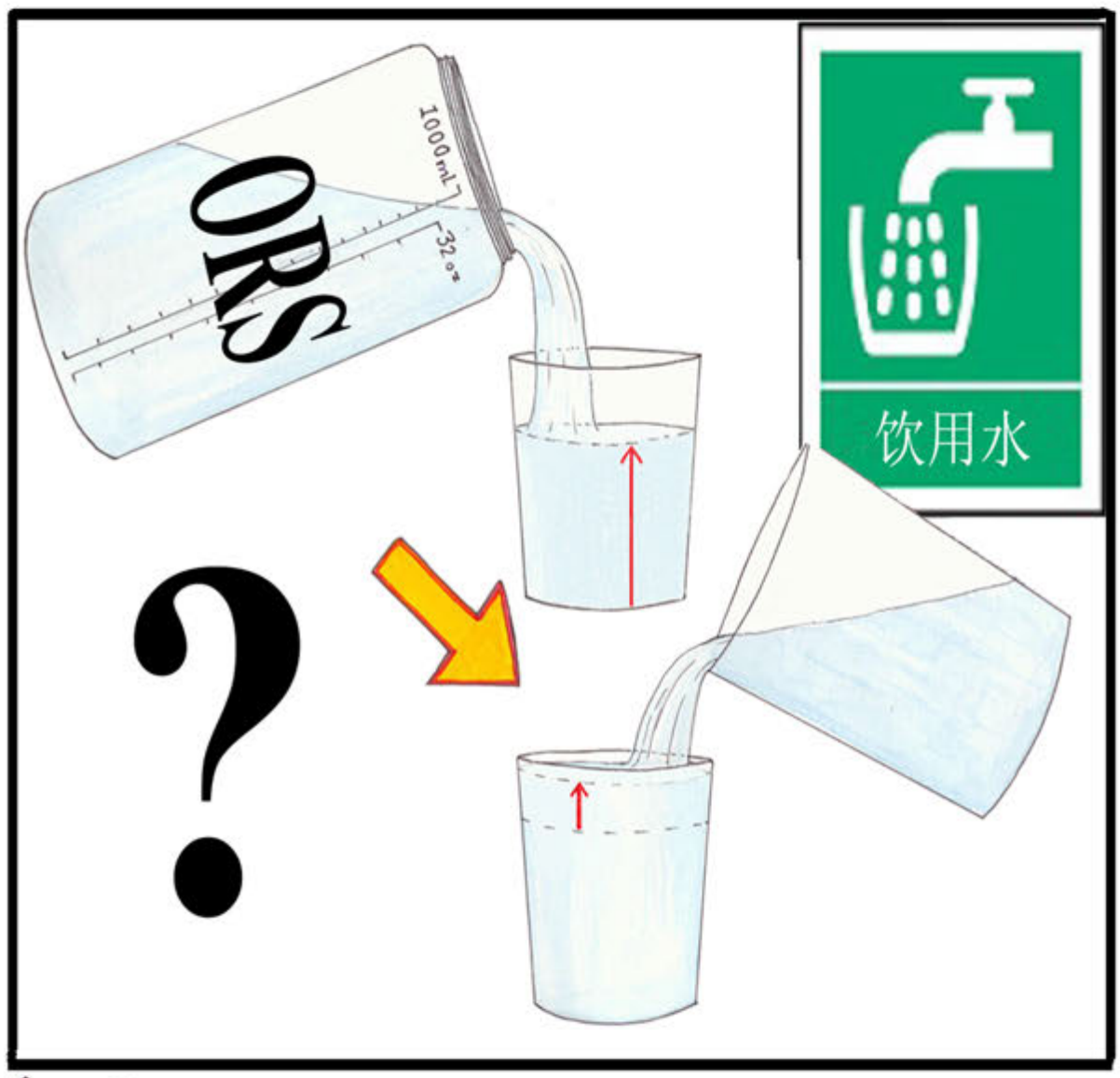
1. 引言
2. 最重要的知识（A和B）
3. 预防死亡与疾病（A、B和C）
4. 艾滋病病毒与艾滋病
5. 预防艾滋病病毒与艾滋病
6. 安全饮水
7. 安全炉灶
8. 洗手（A和B）
9. 排泄物的不当处理
10. 排泄物的正确处理
11. 苍蝇是疾病的传媒
12. 昆虫与鼠类的控制
13. 蚊子的防控
14. 菜园
15. 寄生虫病的防治（A和B）
16. 血吸虫病
17. 食物的正确准备（A和B）
18. 母乳喂养
19. 人工喂养
20. 母乳喂养的要点
21. 腹泻
22. 如何调配ORS（口服补液盐）
23. 腹泻的家庭疗法-液体与食物的补充
24. 腹泻何时当就医
25. 脱水的症状

B套:26-50

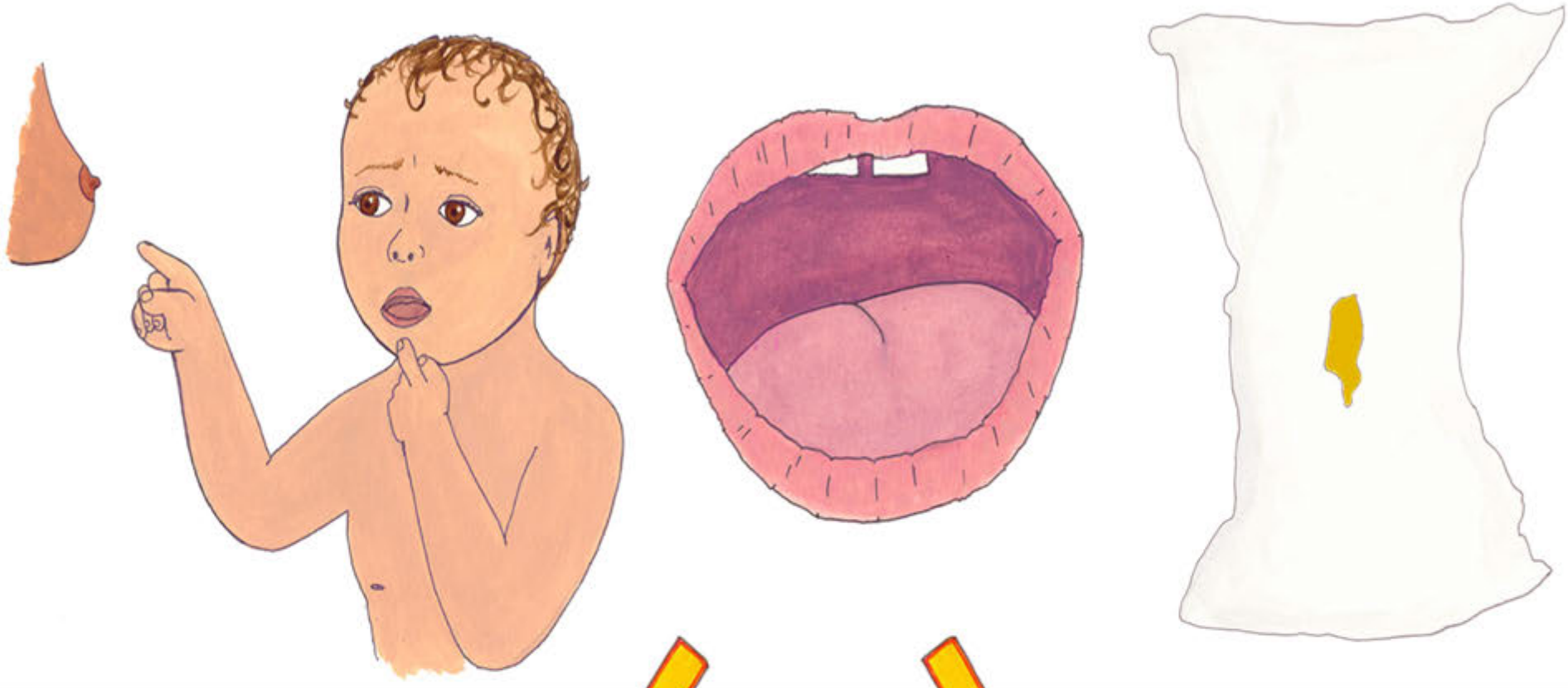
26. ORS（口服补液盐）防止脱水
27. ORS（口服补液盐）治疗脱水
28. 服用药物
29. 预防呼吸系统感染
30. 呼吸系统感染的护理（A和B）
31. 疼痛与高烧的治疗
32. 病人当何时就医
33. 肺结核
34. 疥疮
35. 卫生保健
36. 成人口腔卫生
37. 儿童口腔卫生
38. 营养--合理膳食（A和B）
39. 运动
40. 骨质疏松症
41. 心脏病、中风、糖尿病、癌症、痴呆和其他非传染性疾病（A和B）
42. 胃酸倒流症
43. 背痛（A、B和C）
44. 避免婴幼儿意外事件
45. 溺水、跌落、交通事故
46. 狂犬病、室内烟雾
47. 急救
48. 窒息急救：腹推式（海姆利克氏急救法）
49. 从灾难及其它创伤中恢复
50. 总结--最重要的知识







26. 使用ORS（口服补液盐）防止脱水



27. ORS（口服补液盐）治疗脱水

IRON
Paracetamol
ASPIRIN

ConsumerLab.com

NSF

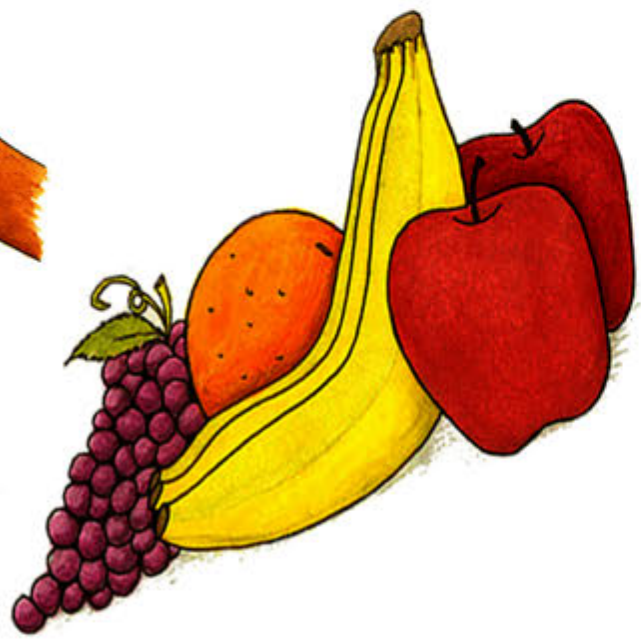
DIETARY SUPPLEMENT
USP
VERIFIED

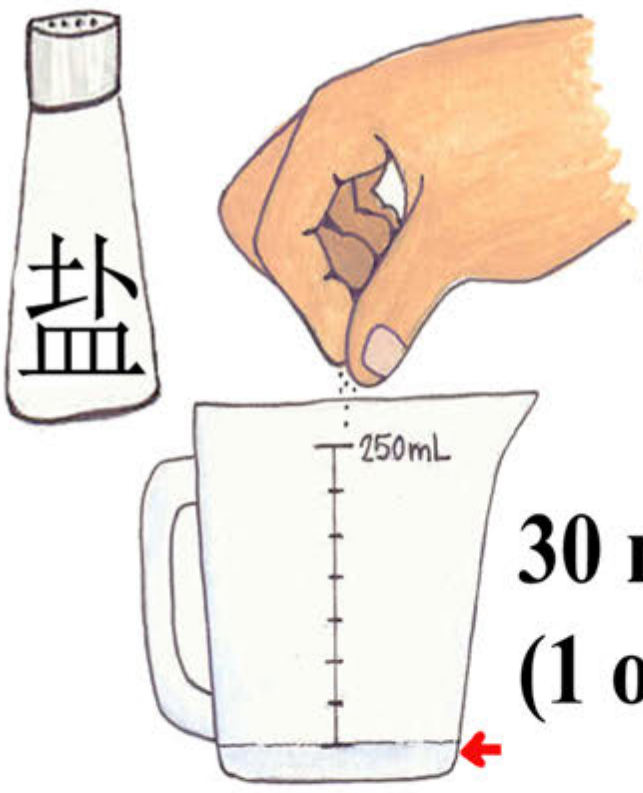
Brand A
Multi-Daily
Vitamins & Minerals

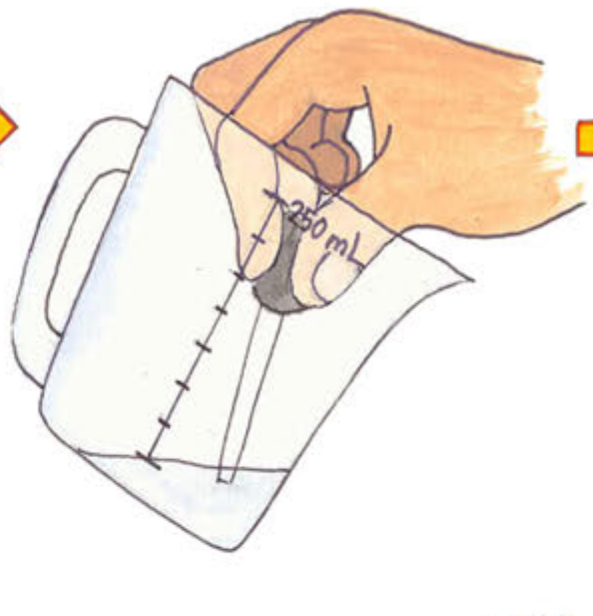
阿司匹林
布洛芬

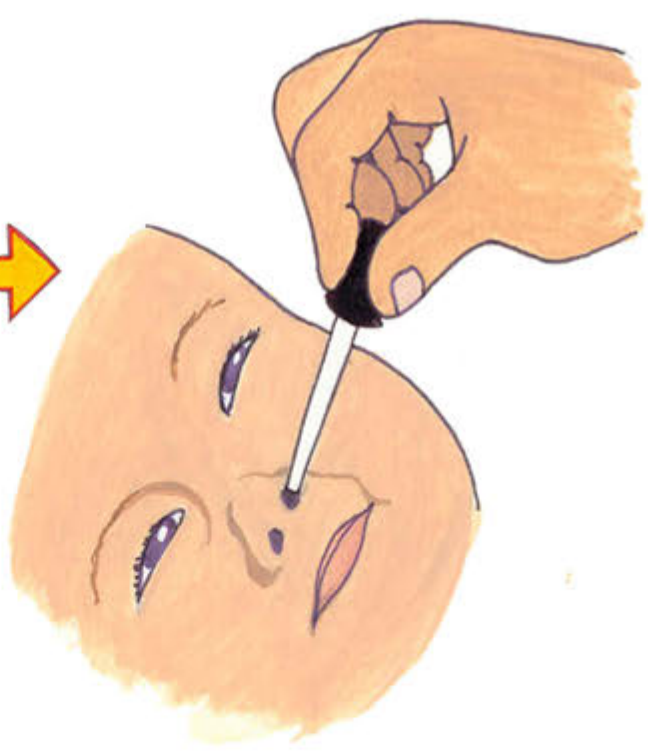
28. 服用药物

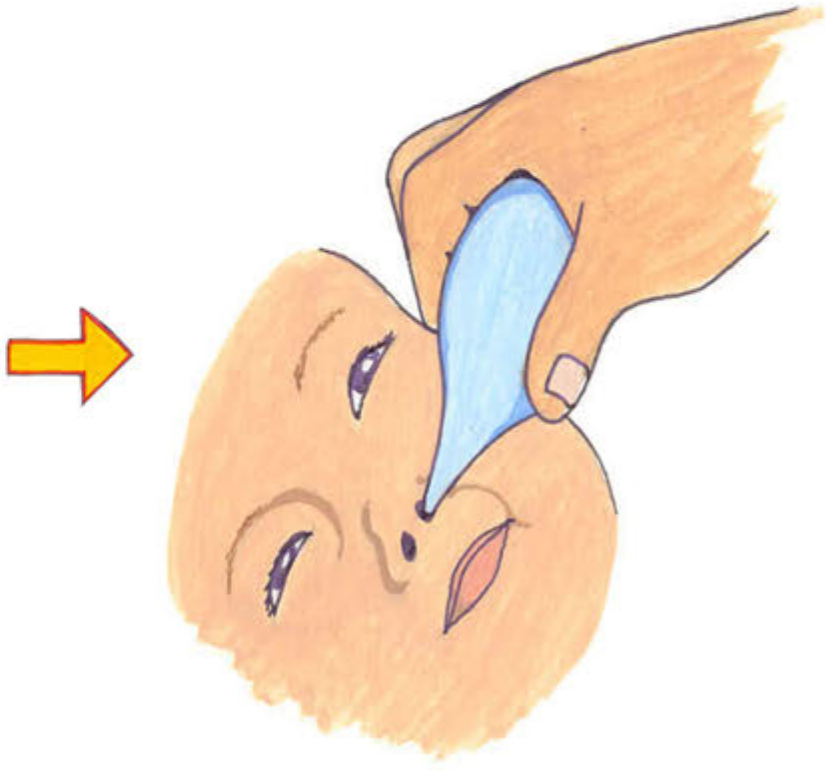
29. 预防呼吸系统感染





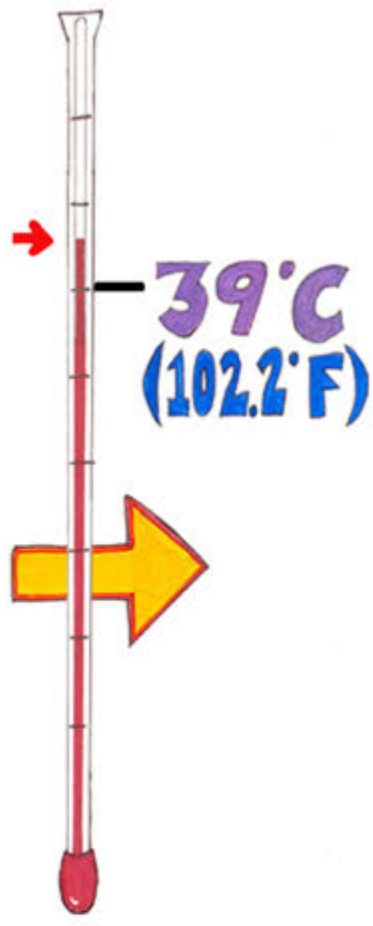


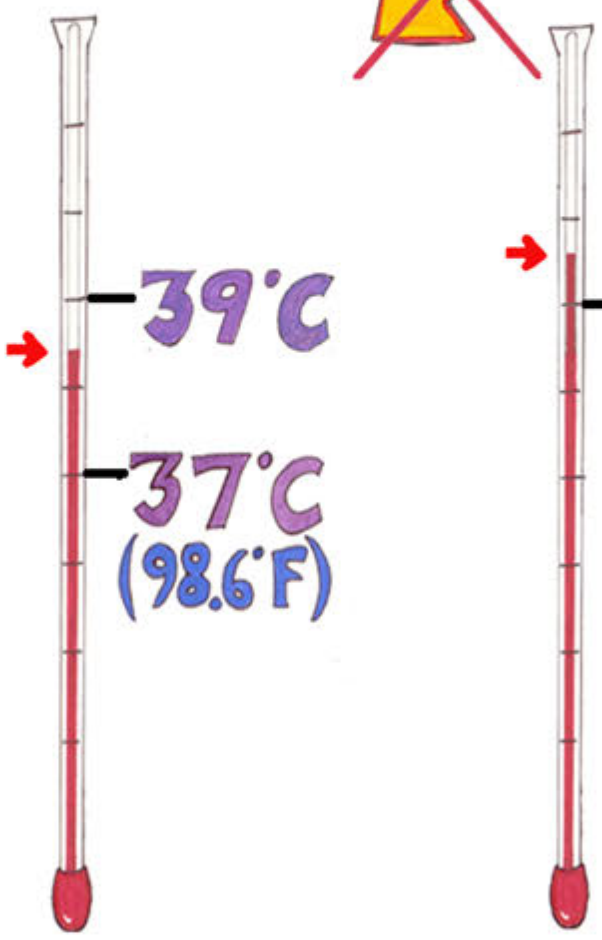


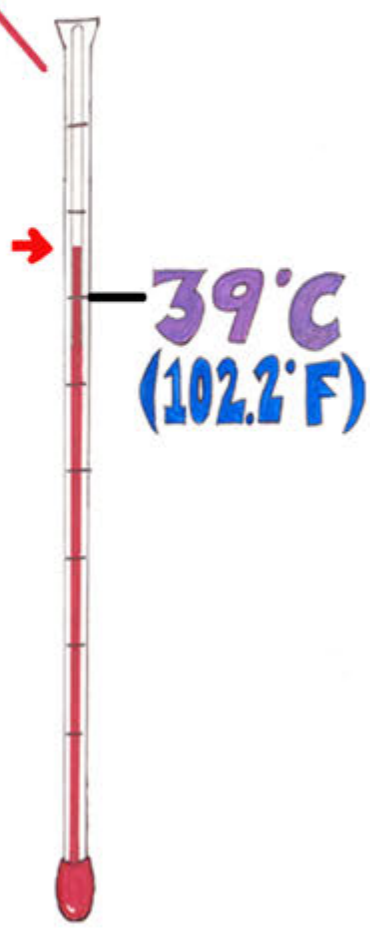


30A. 呼吸道感染之照顾与医疗

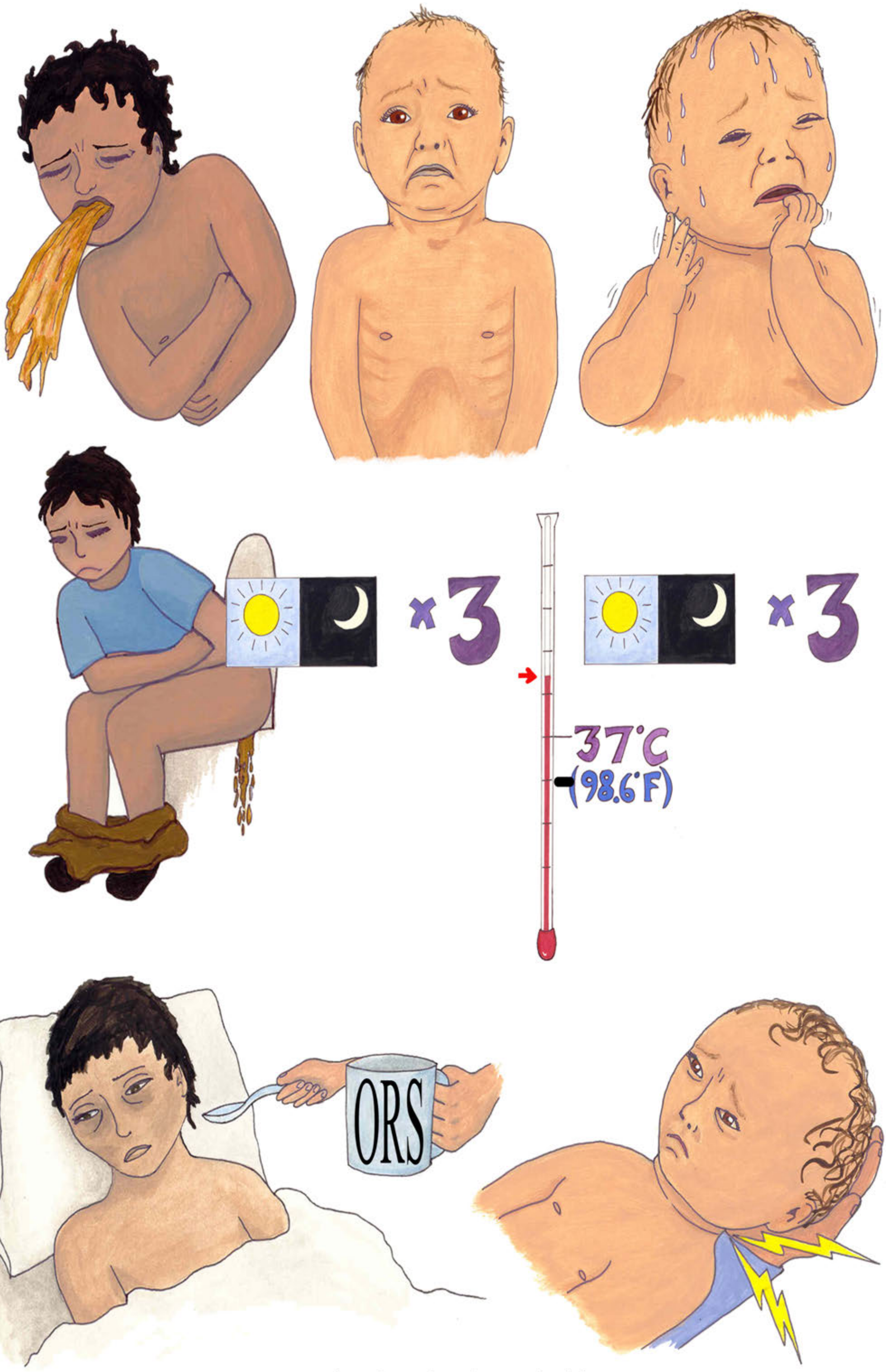
30B. 呼吸道感染的护理（续）



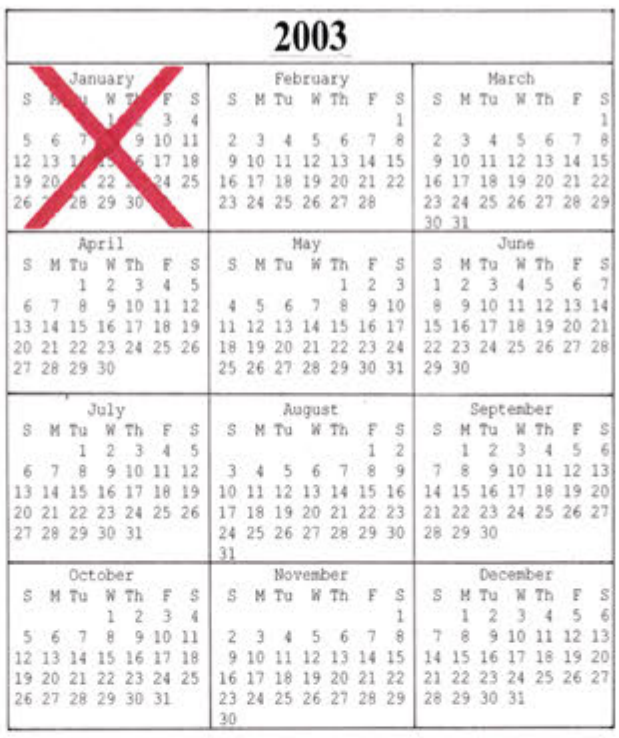




31. 疼痛与发烧的治疗



32. 病人当何时就医


2003
January
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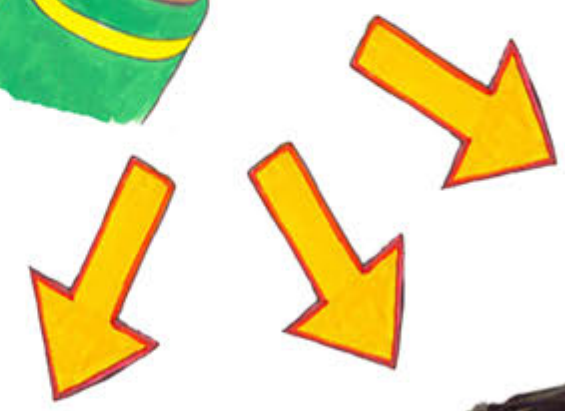
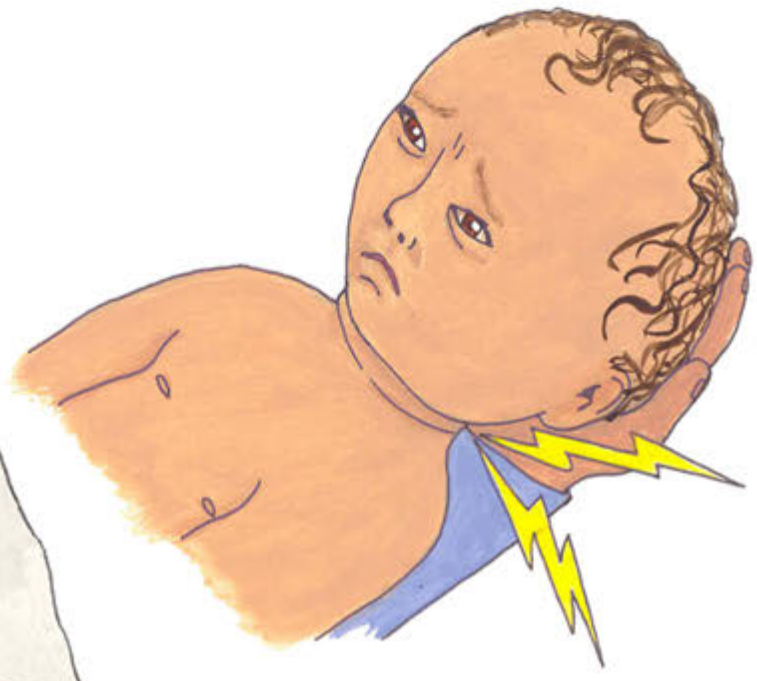
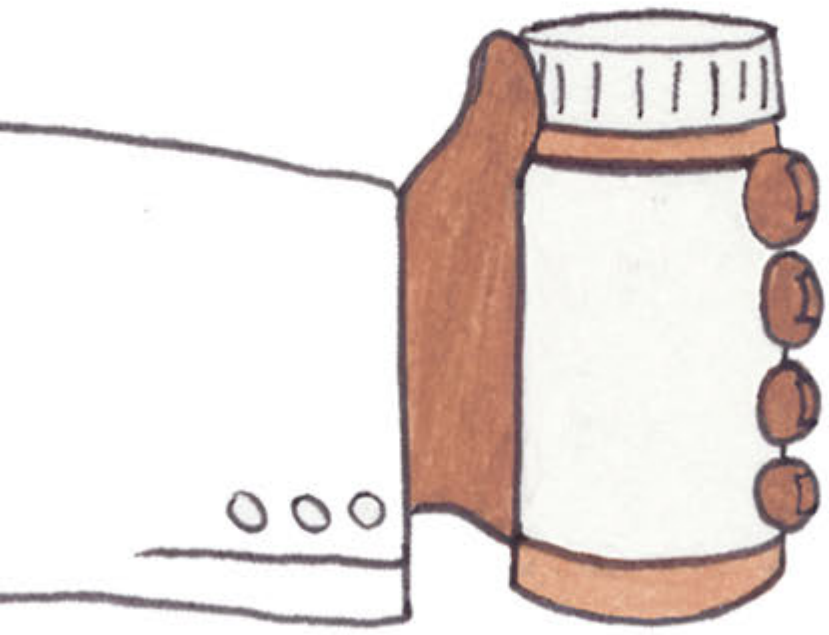
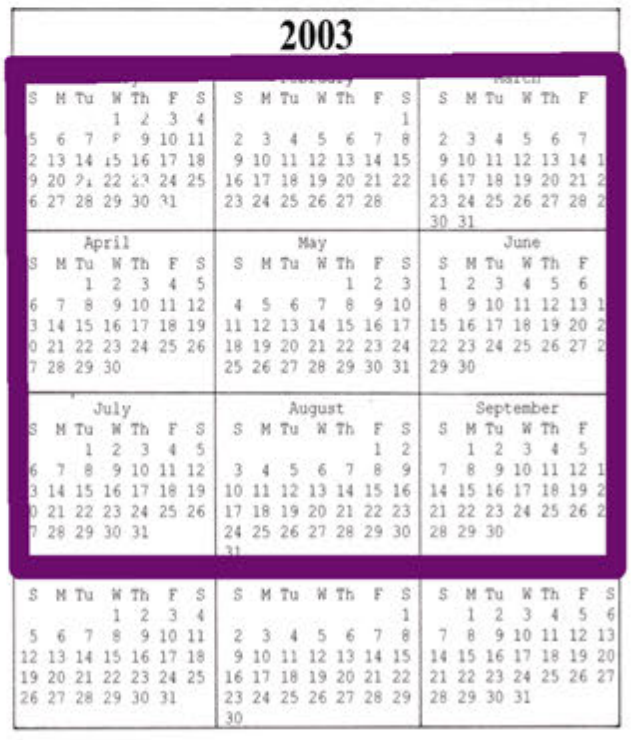
November
December








2003
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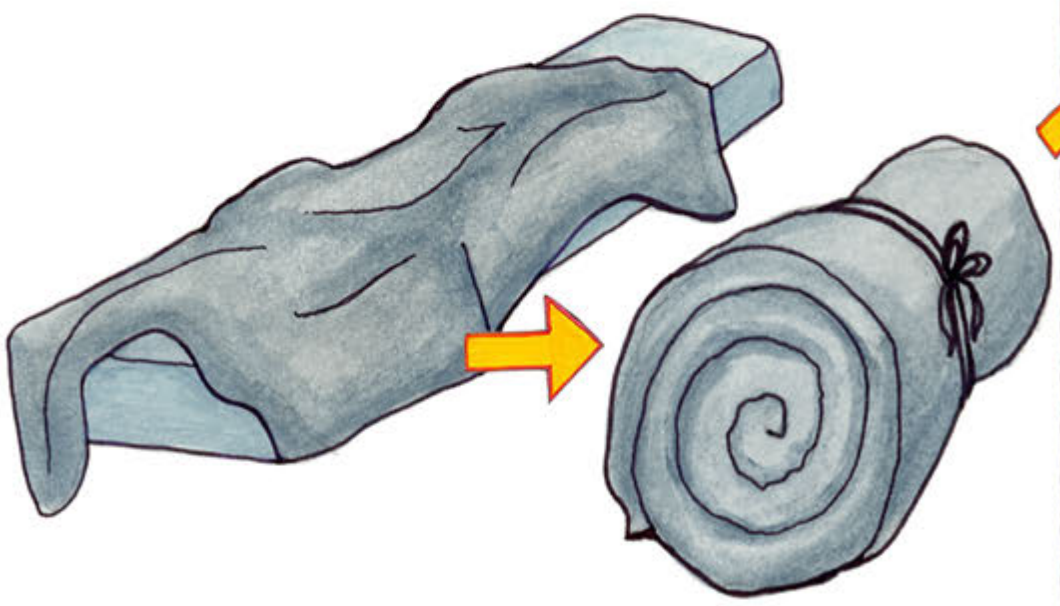
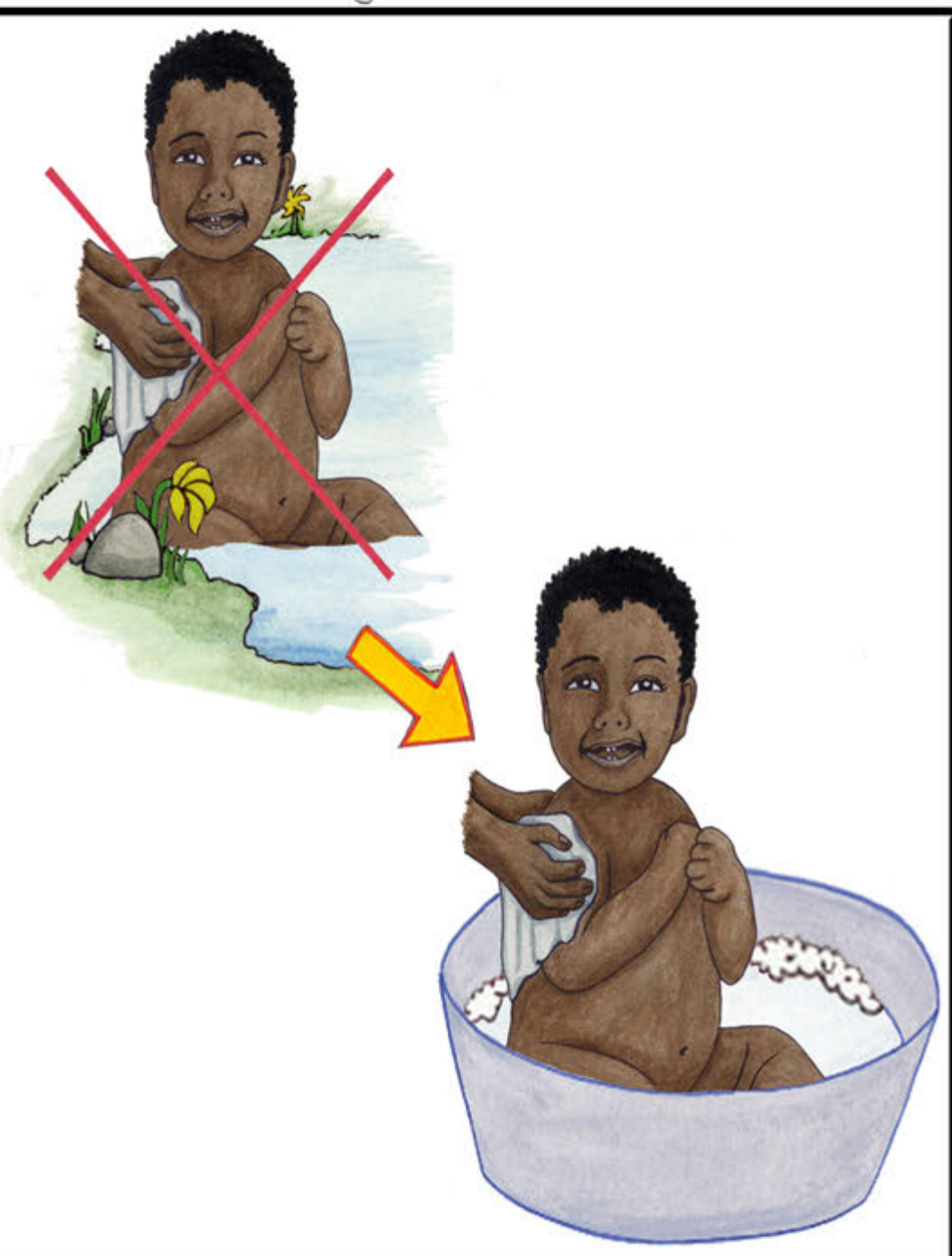
肺结核药物

33. 肺结核

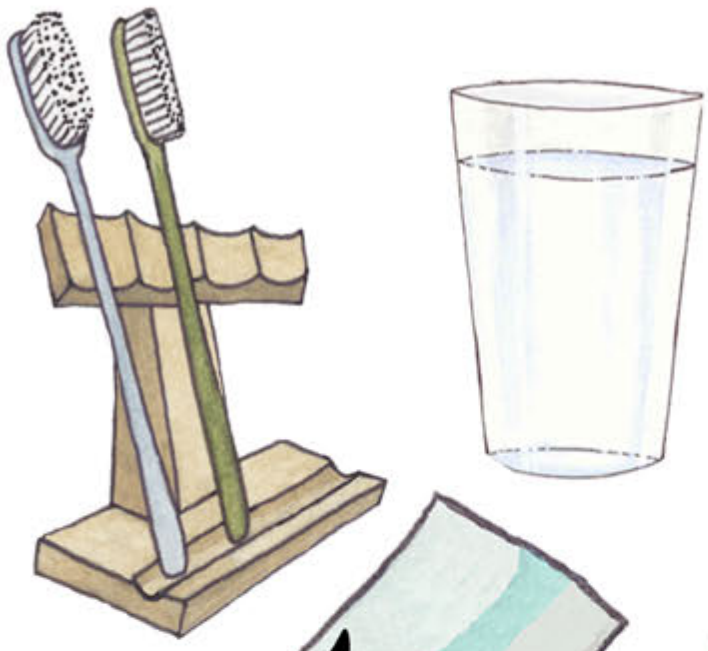


34. 疥疮



35. 卫生保健

36. 成人口腔卫生



37. 儿童口腔卫生

1

2

3

4

糖

SODA

豆腐

麦片粥

亚麻籽粉

维生素
D
B-12

鹰嘴豆泥

酸奶

饮用水

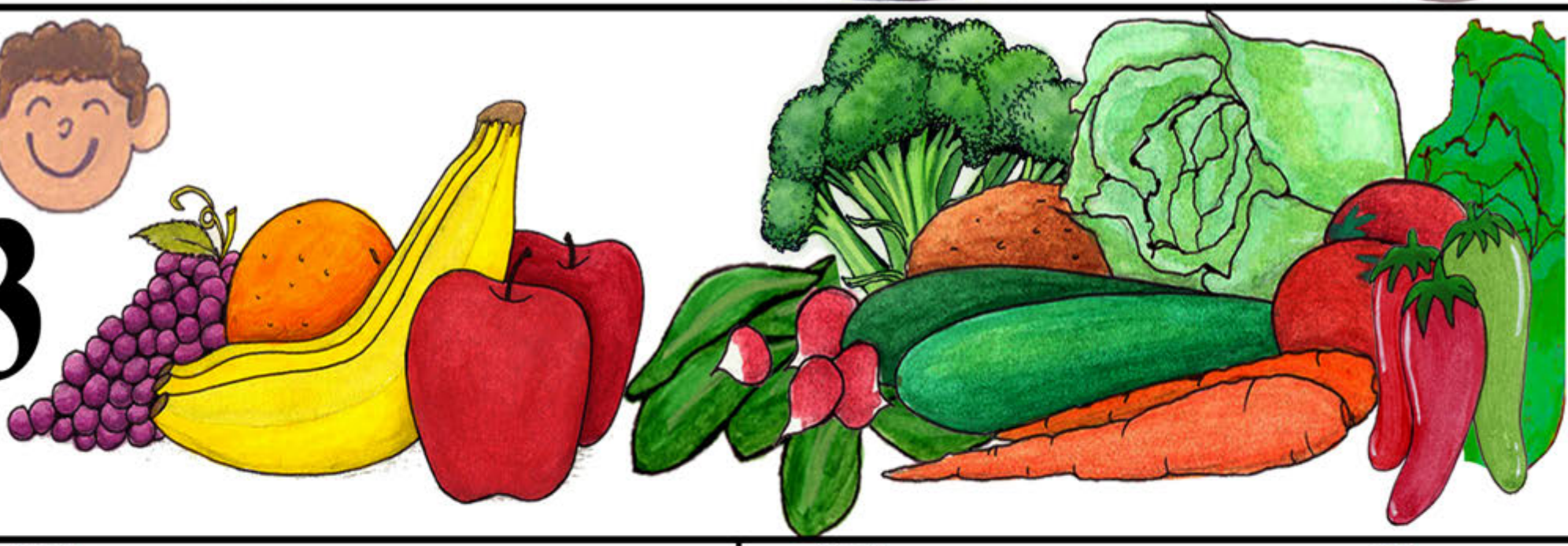
38A. 营养--合理膳食

世界卫生组织健康饮食的五大要点

1

2

3



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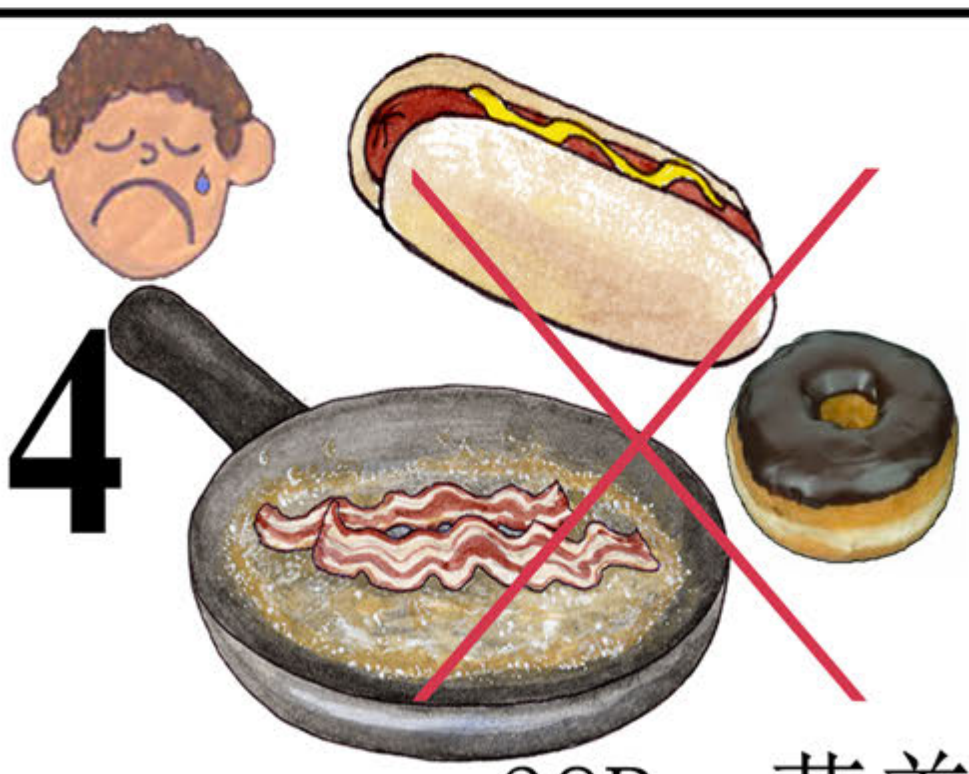

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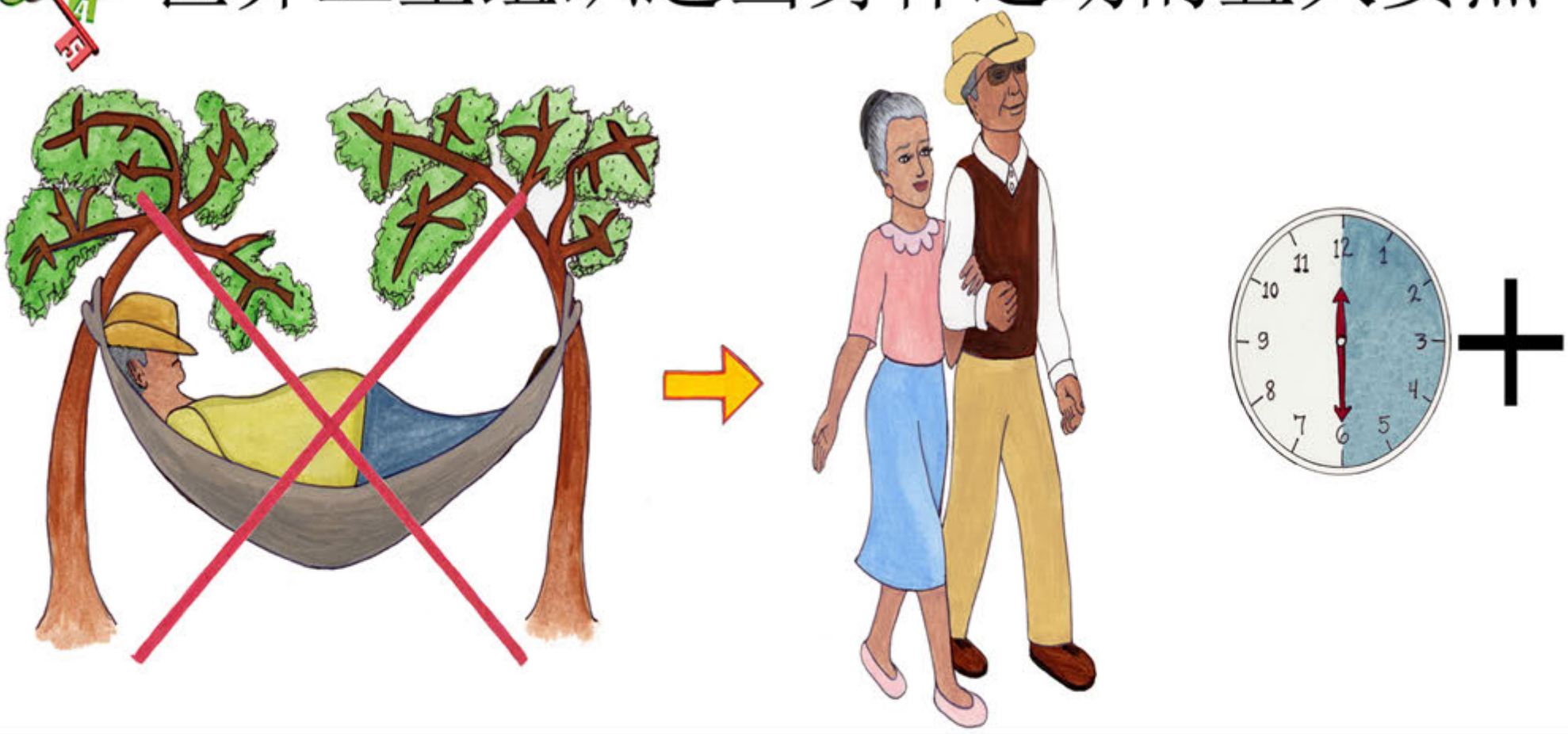
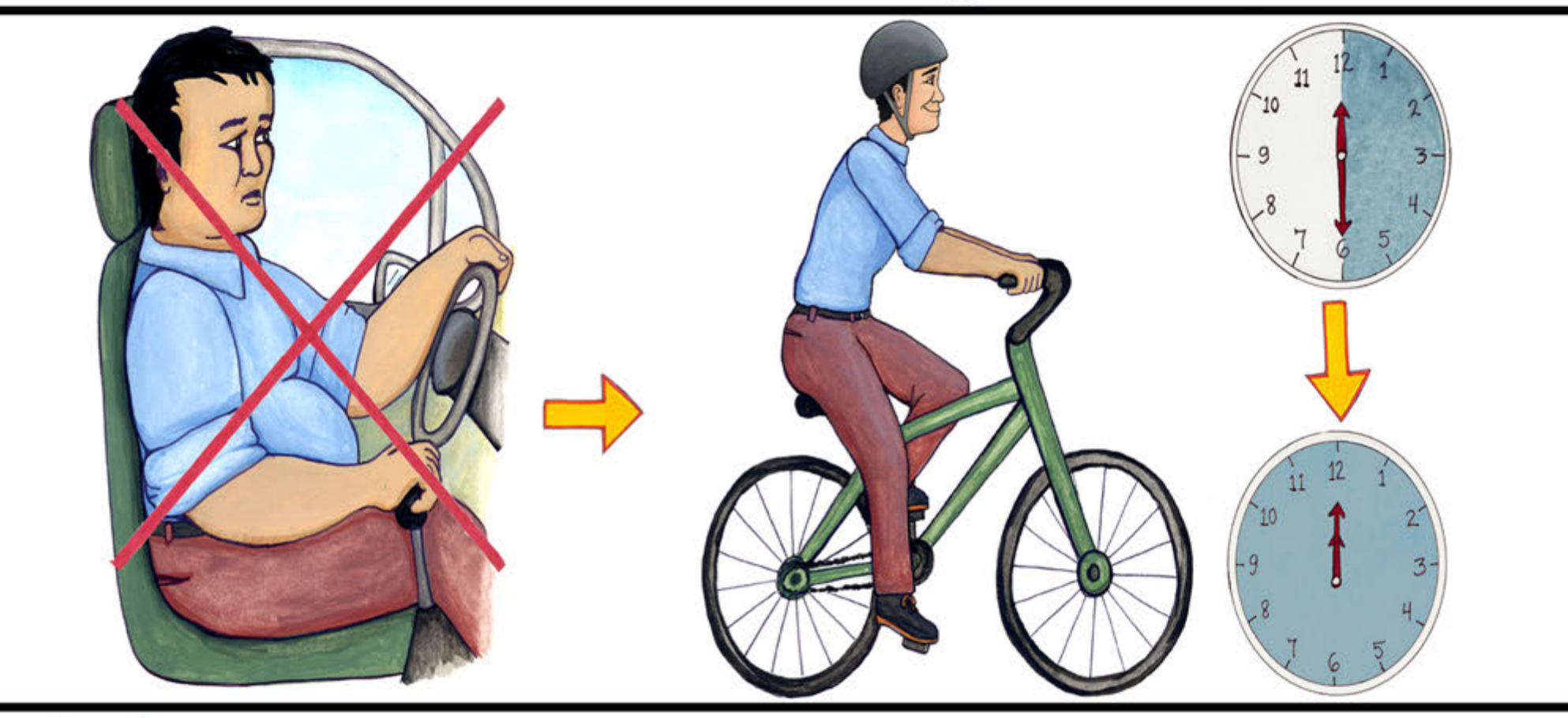
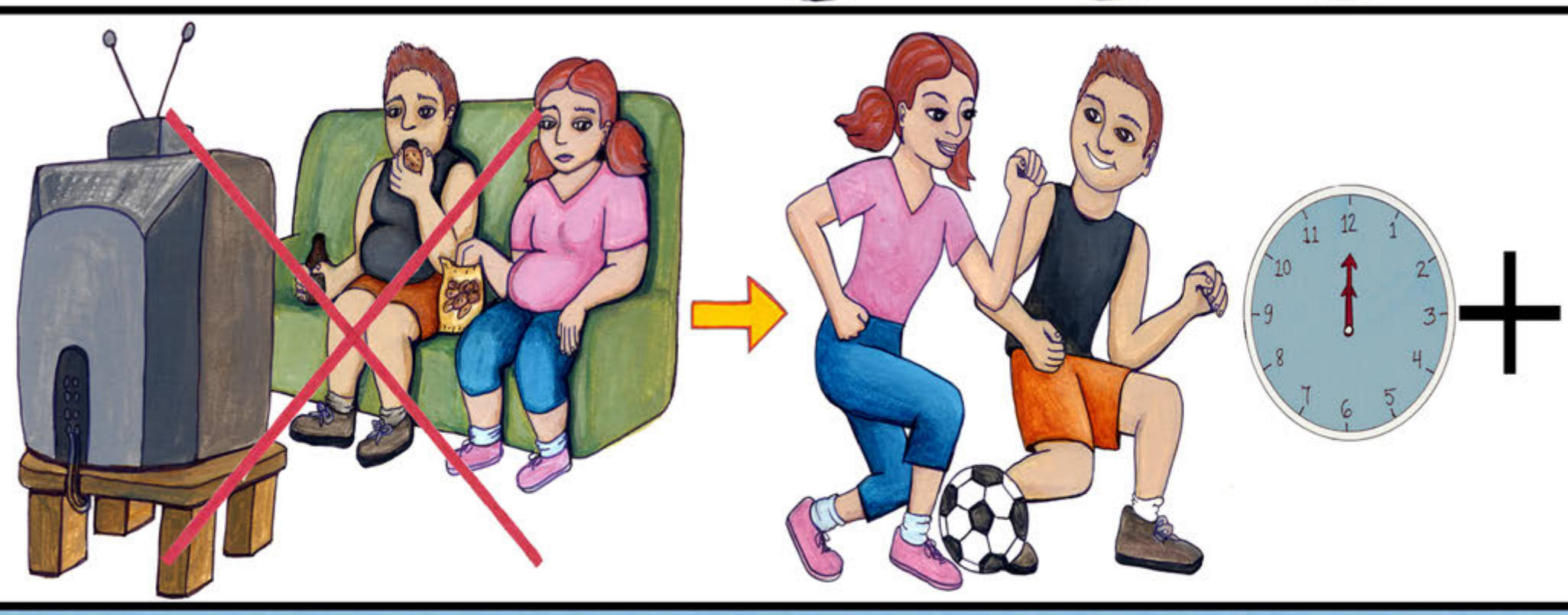
38B. 营养--合理膳食

世界卫生组织适当身体运动的五大要点







World Health Organization

39. 运动

move for health

盐

SODA

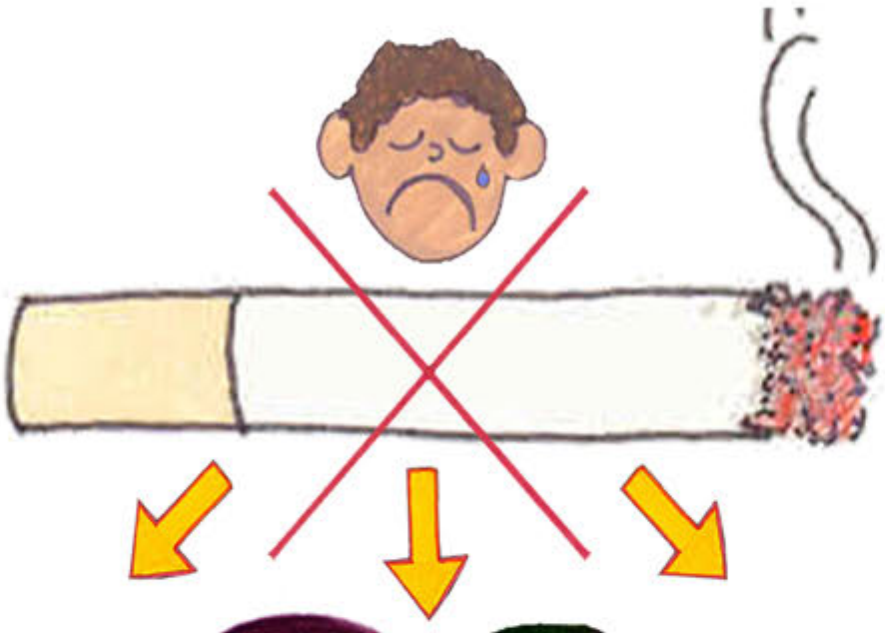
豆腐

脱脂牛奶

酸奶

维生素
D
B-12

40. 骨质疏松症



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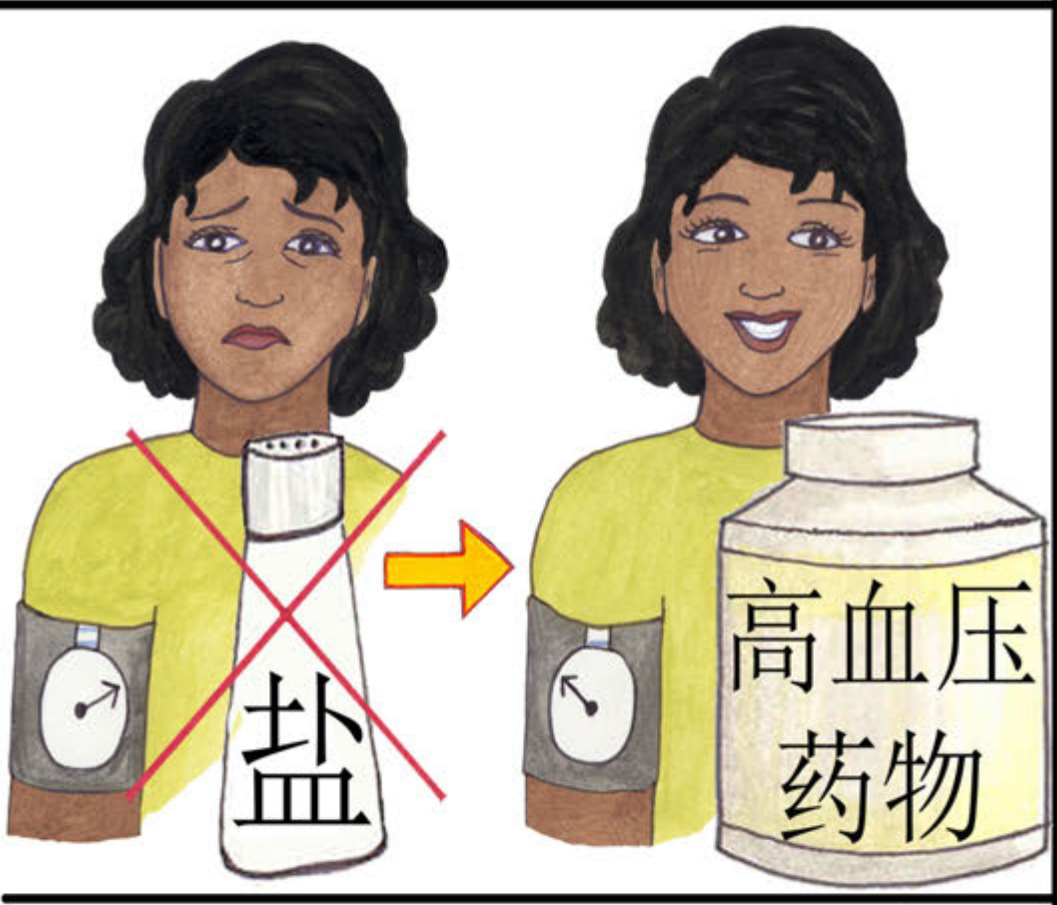
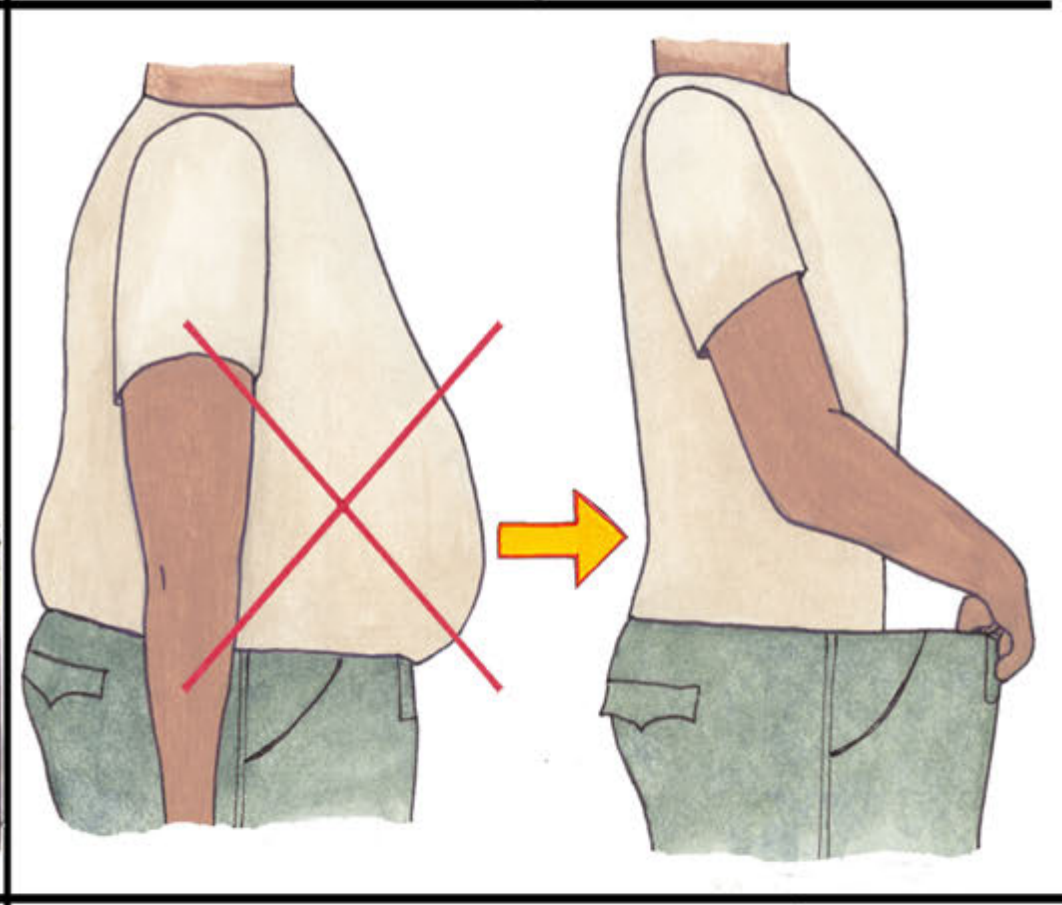
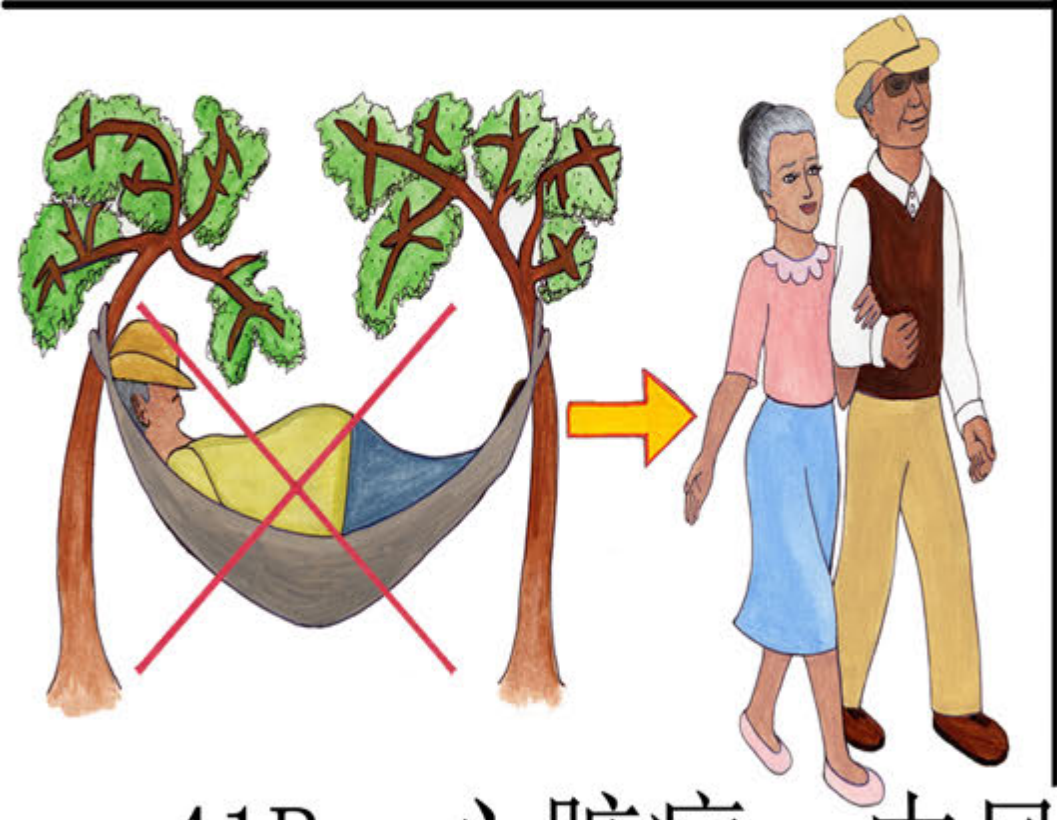
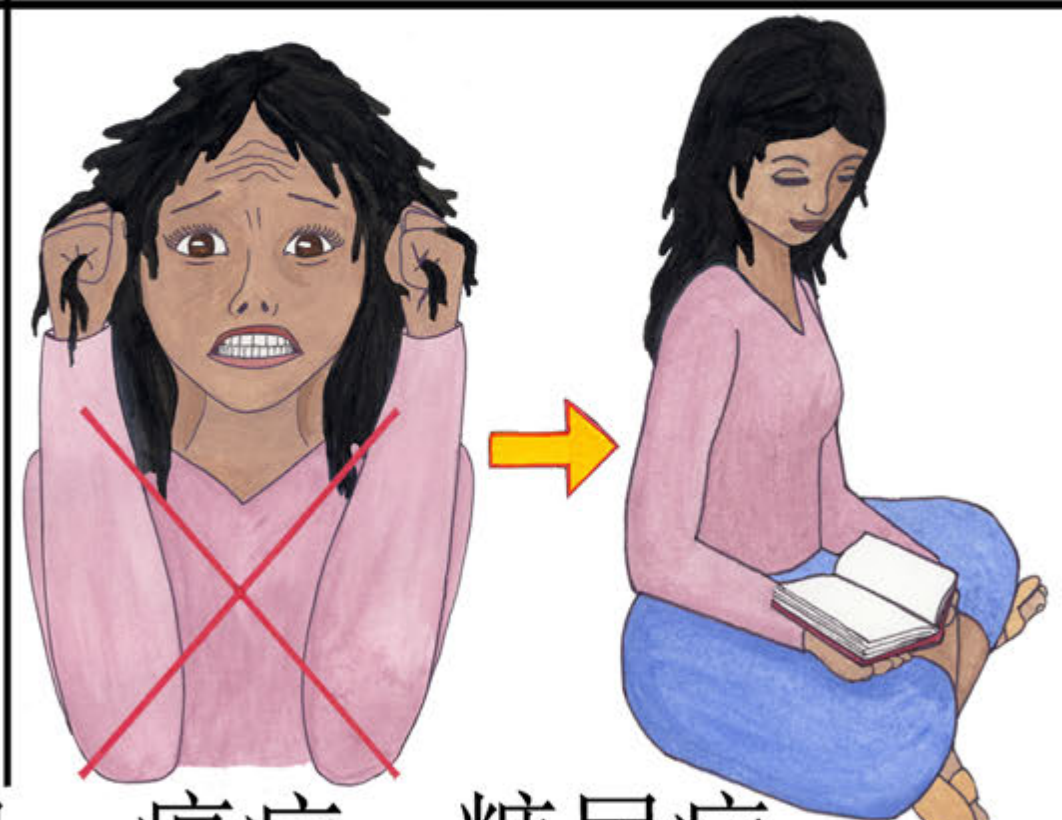
41A. 心脏病，中风，癌症，糖尿病，
老年痴呆与其他非传染性疾病

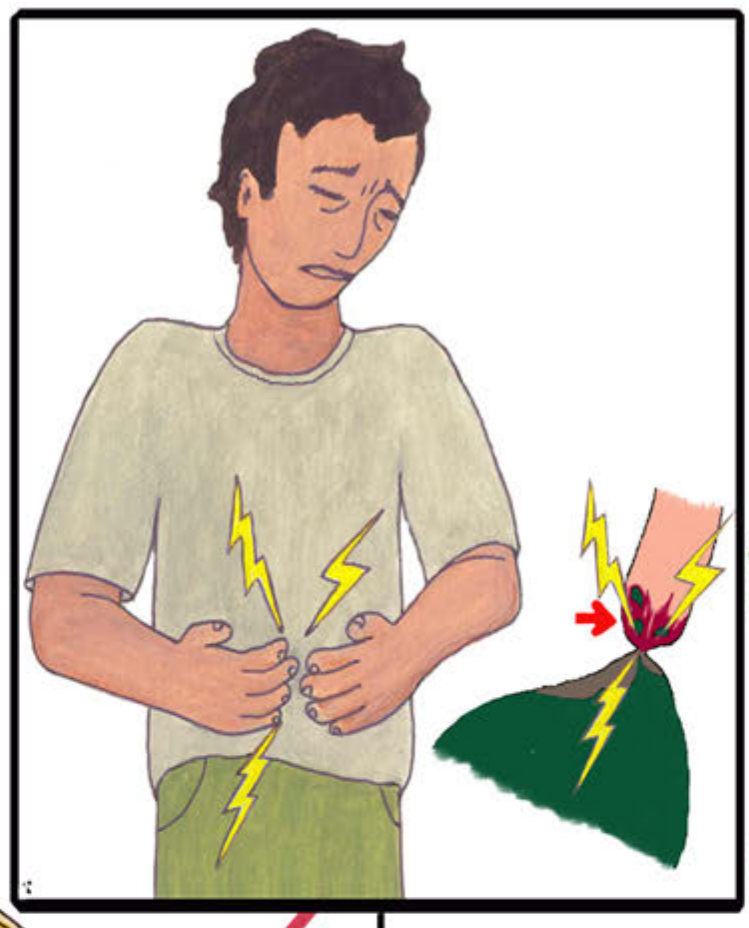




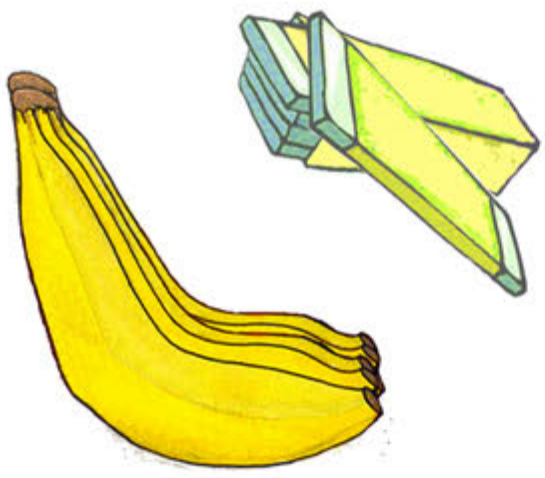


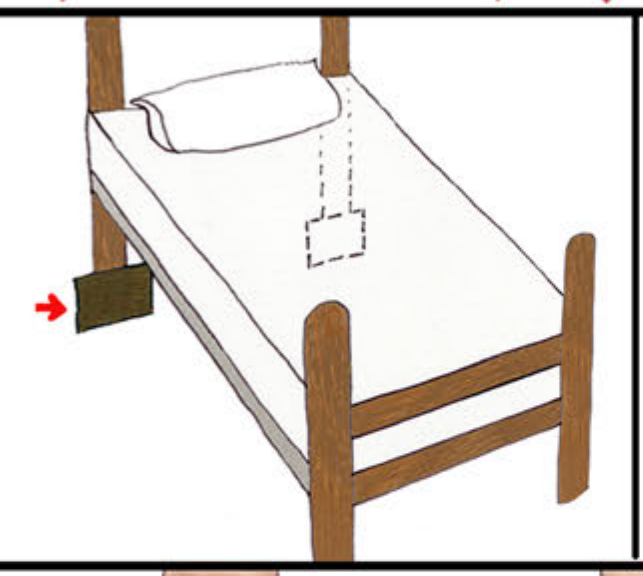


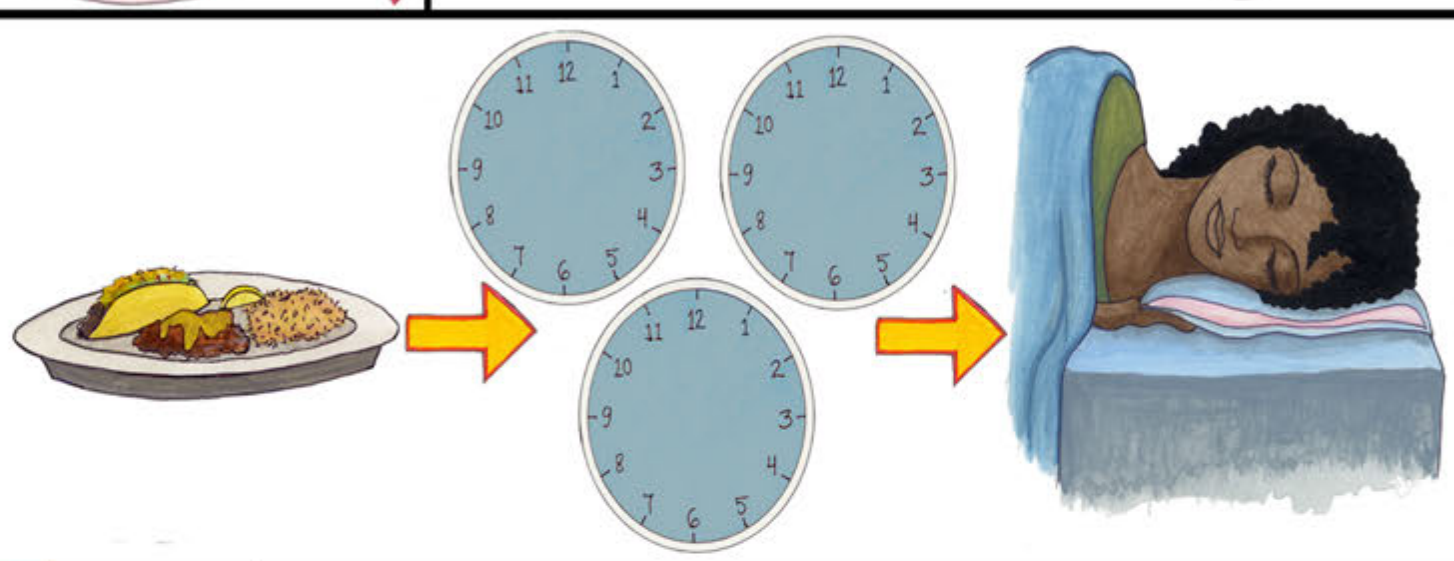
41B. 心脏病，中风，癌症，糖尿病，
老年痴呆与其他非传染性疾病（续）

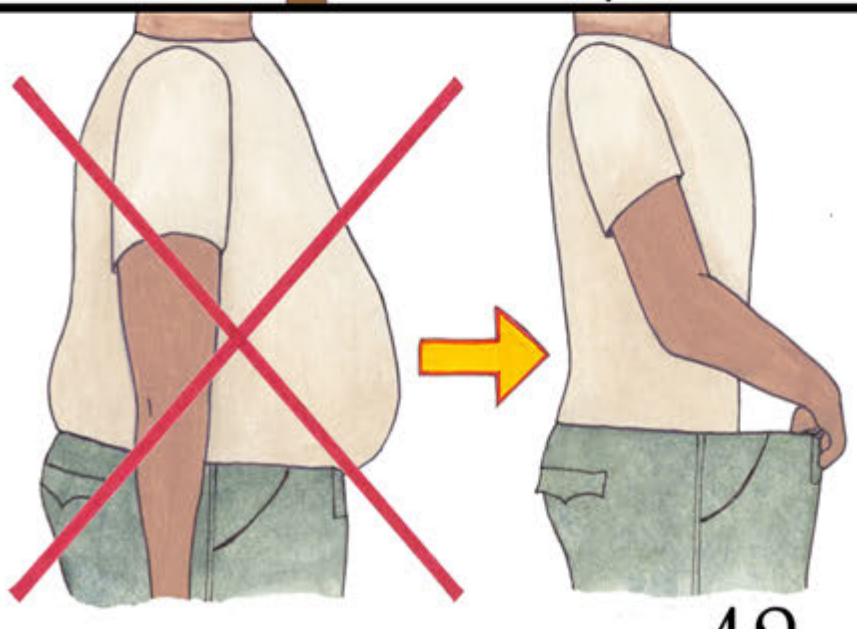


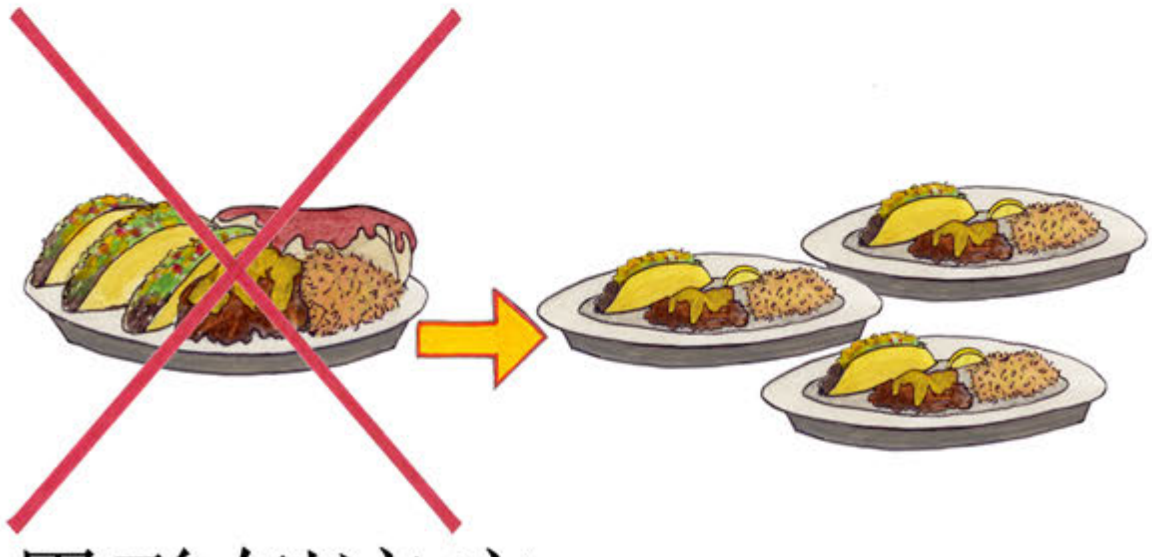
麦片粥



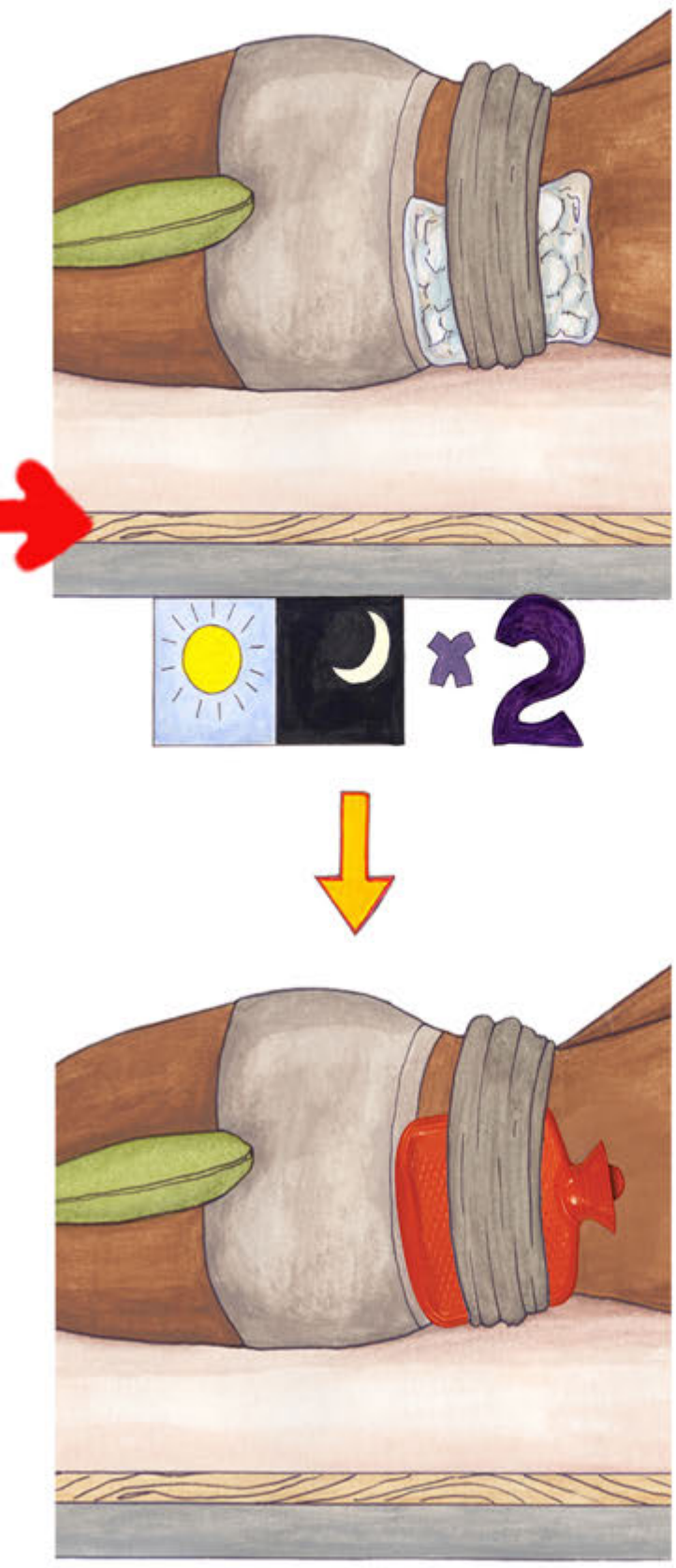




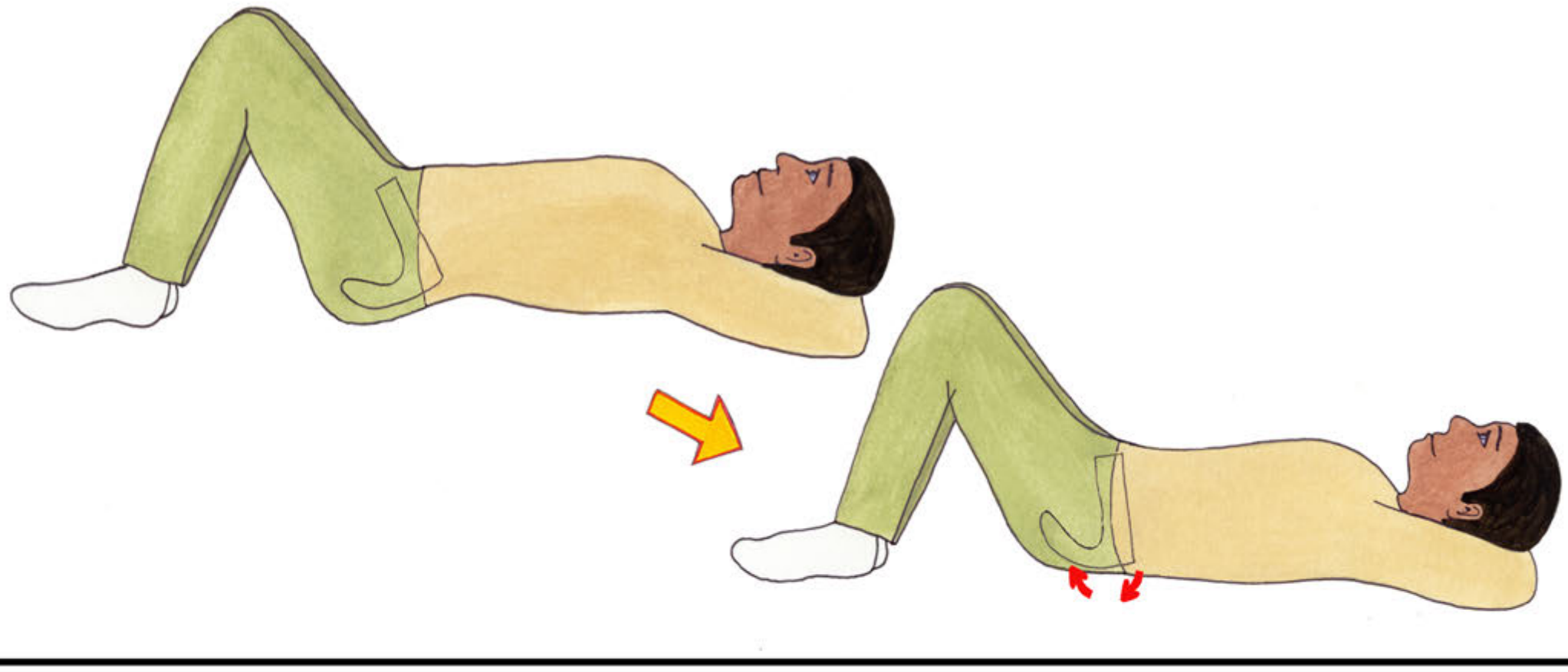


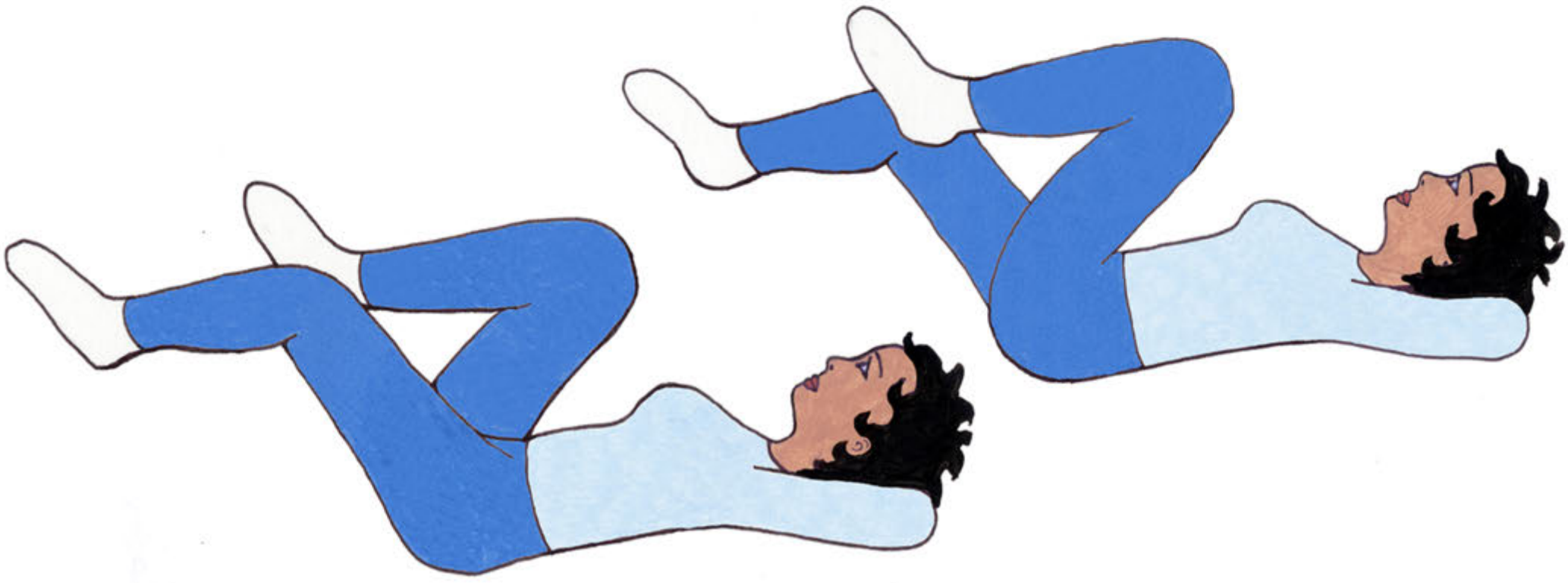


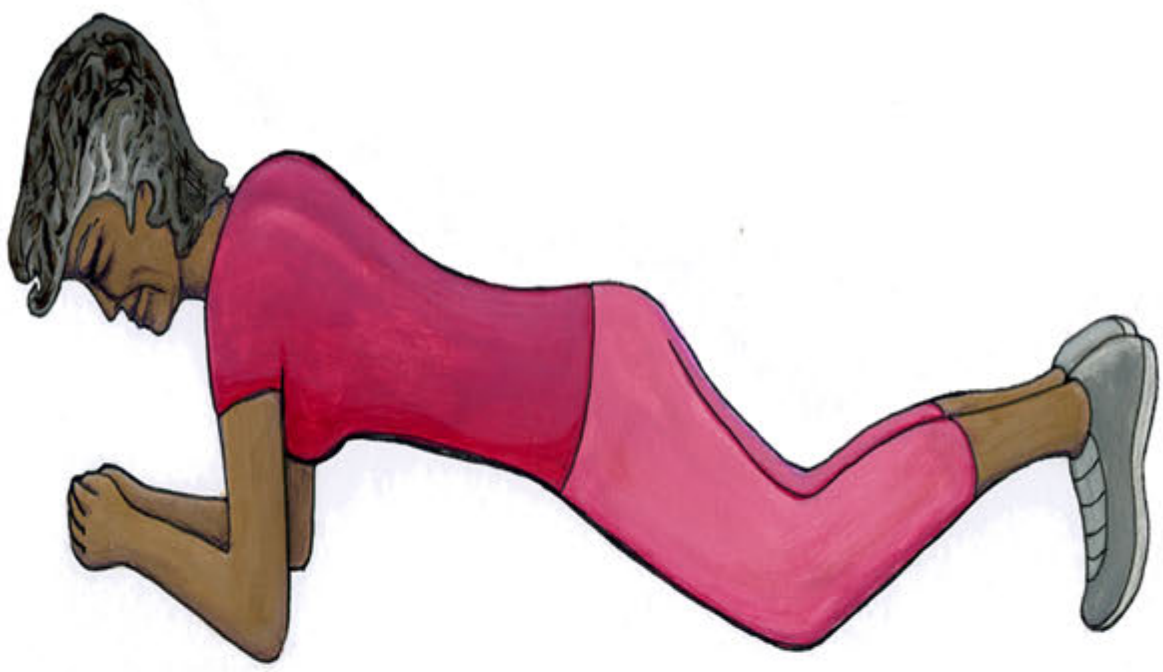
42. 胃酸倒流症

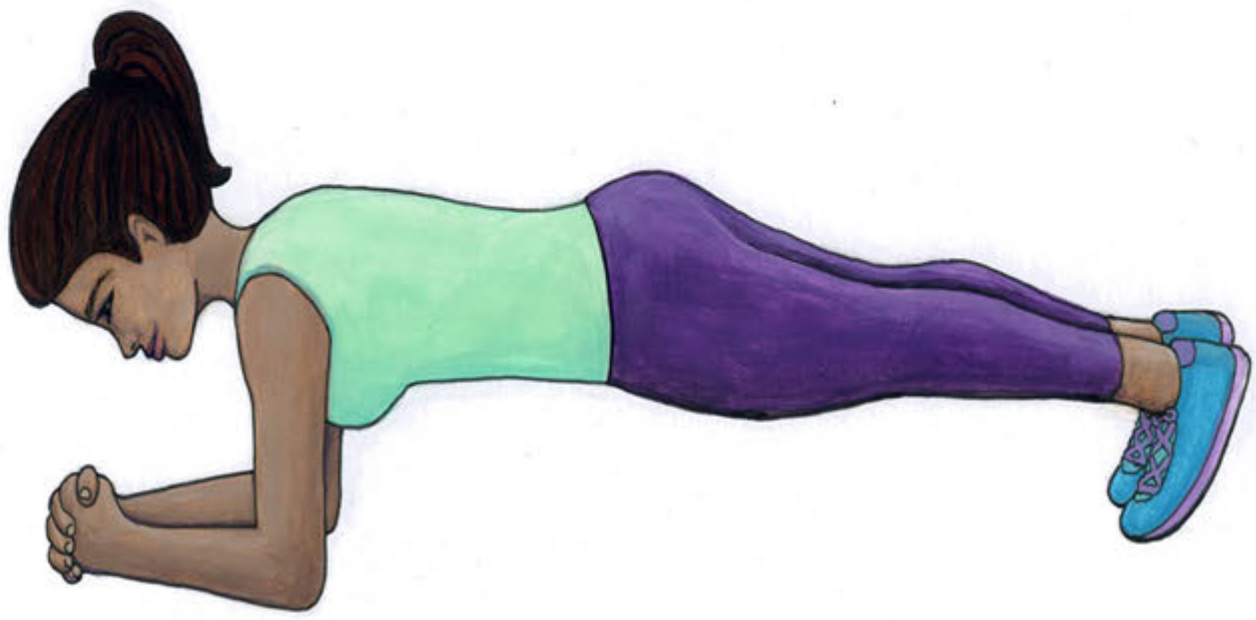


43A. 背痛





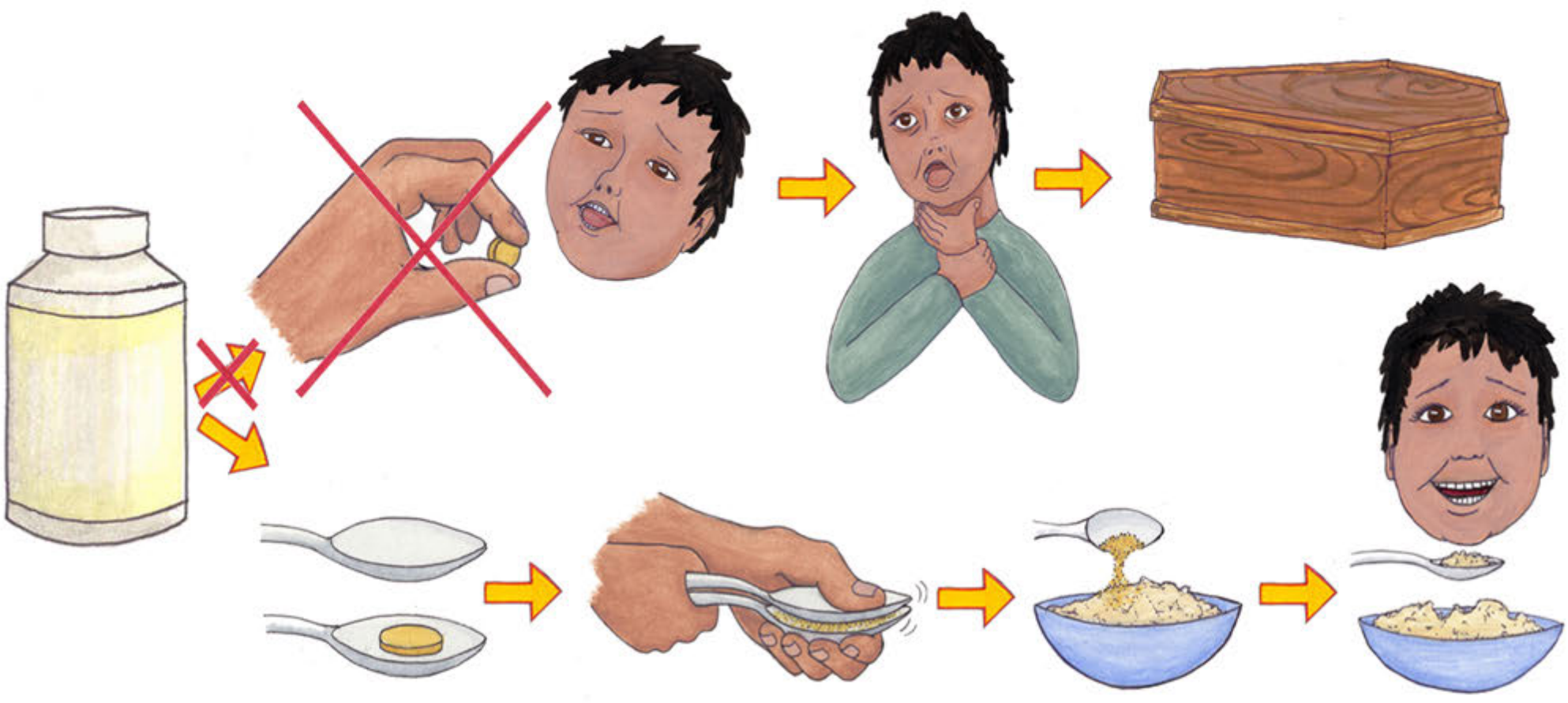




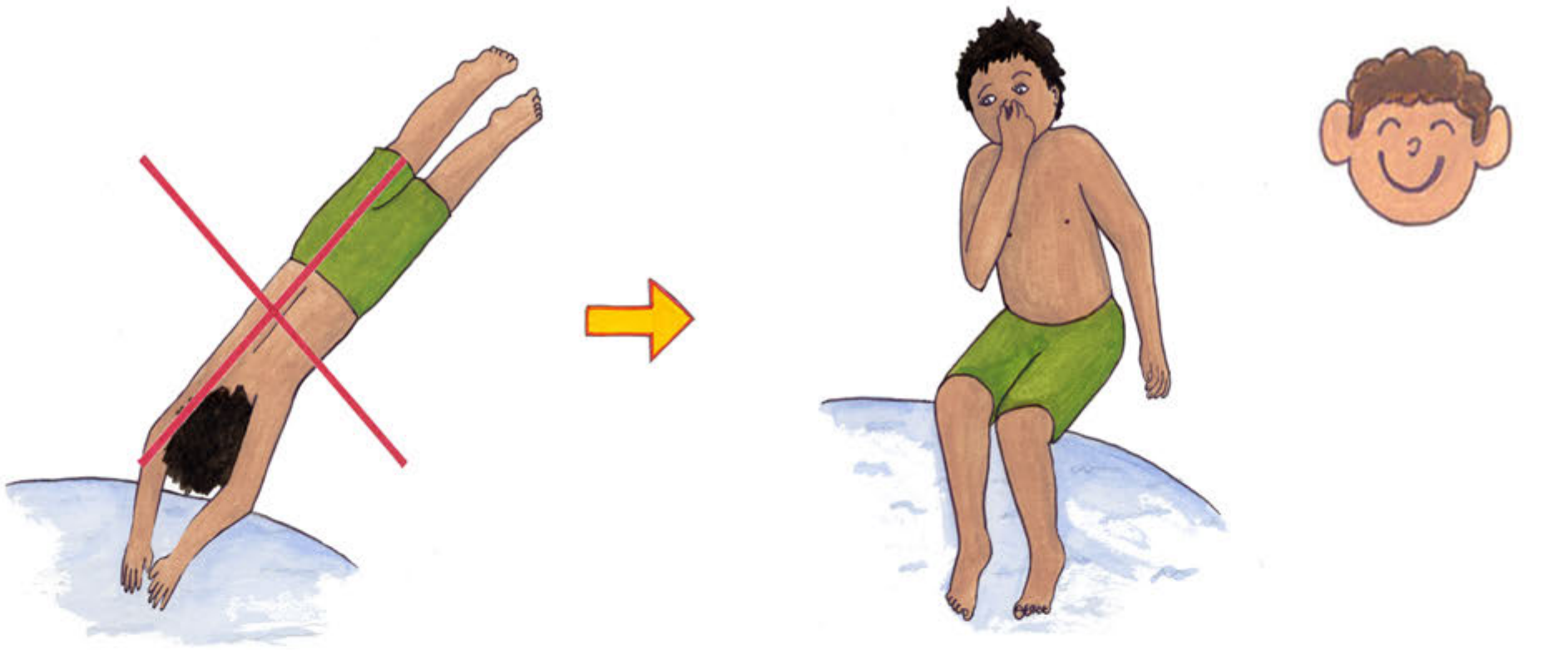
43B. 背痛（续）

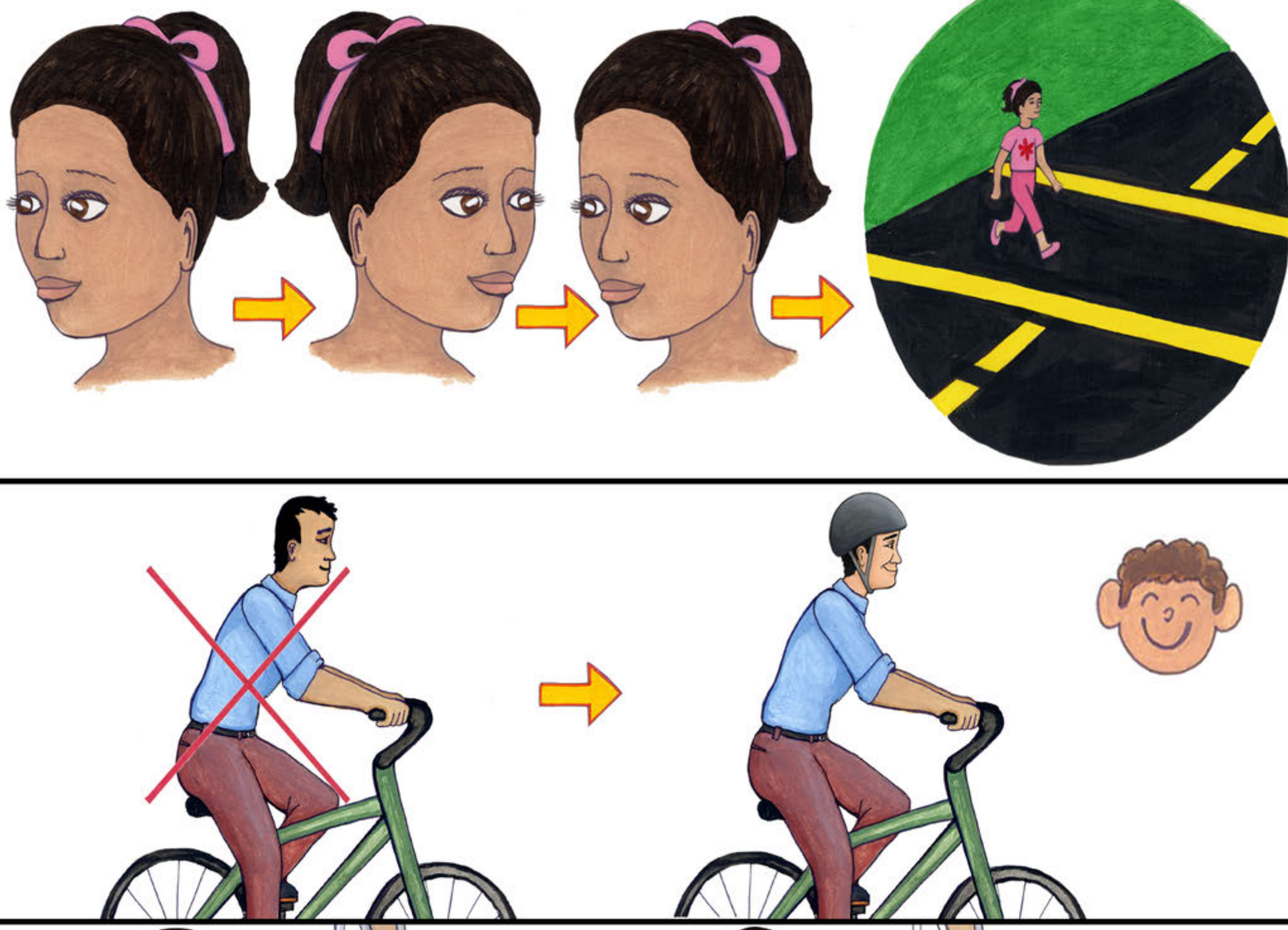
麦片粥
亚麻
籽粉
豆腐
糖
SODA

43C. 背痛的预防

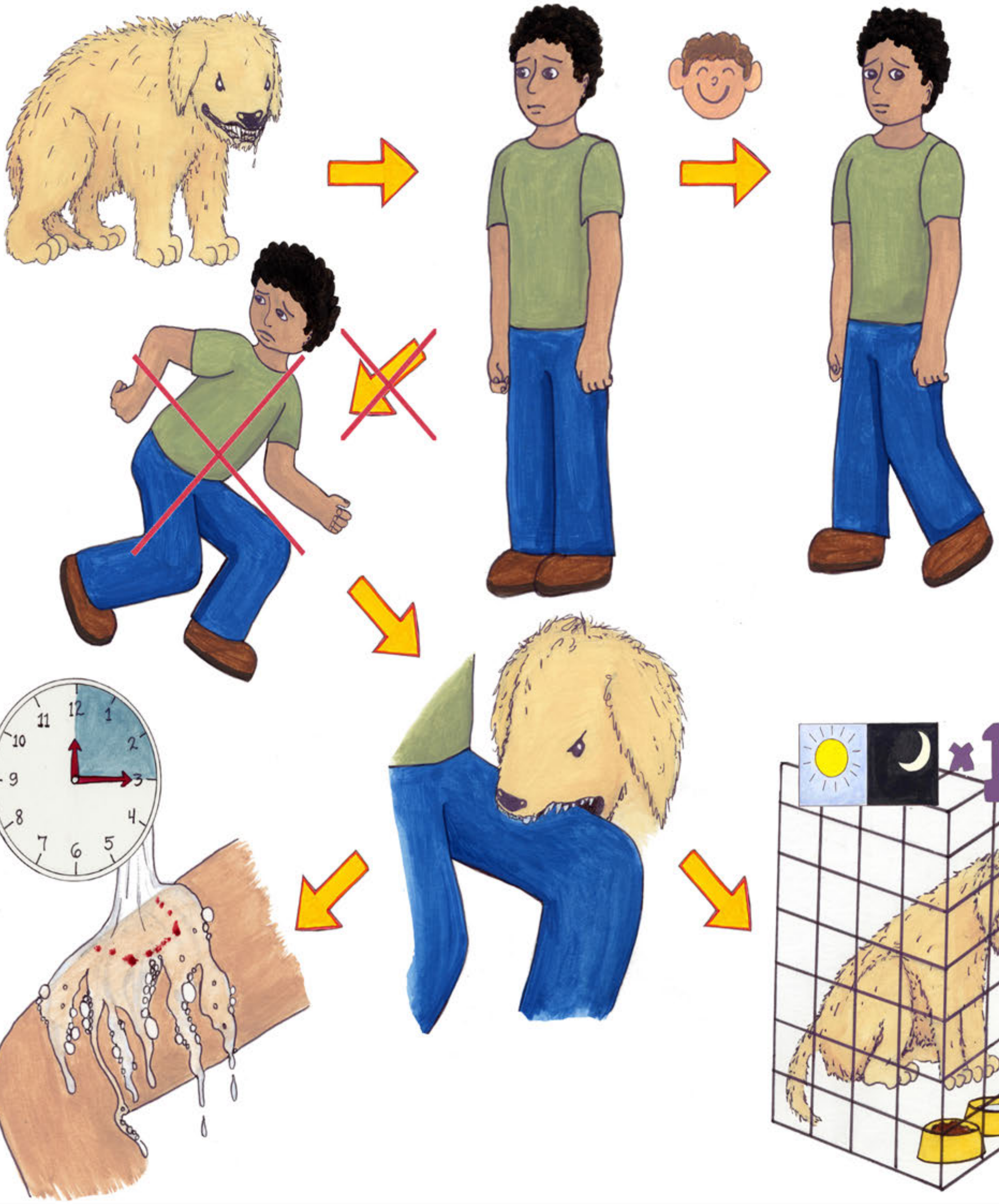


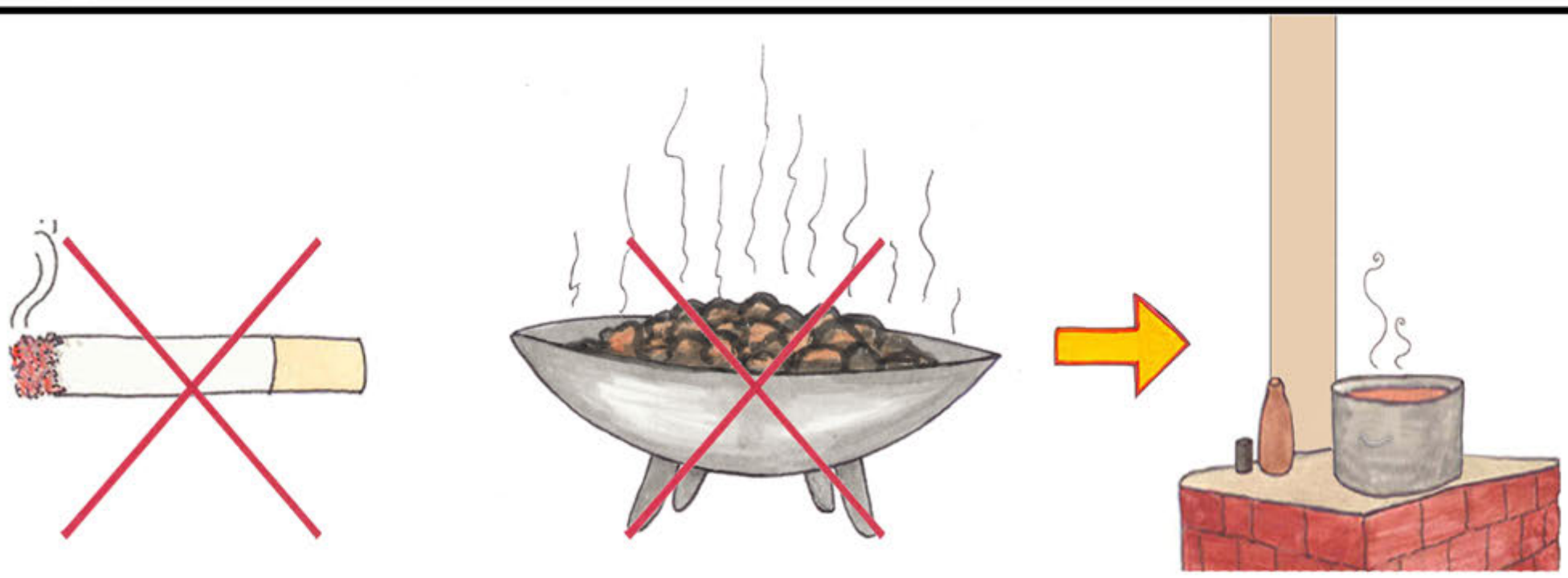
44. 避免婴幼儿意外事件



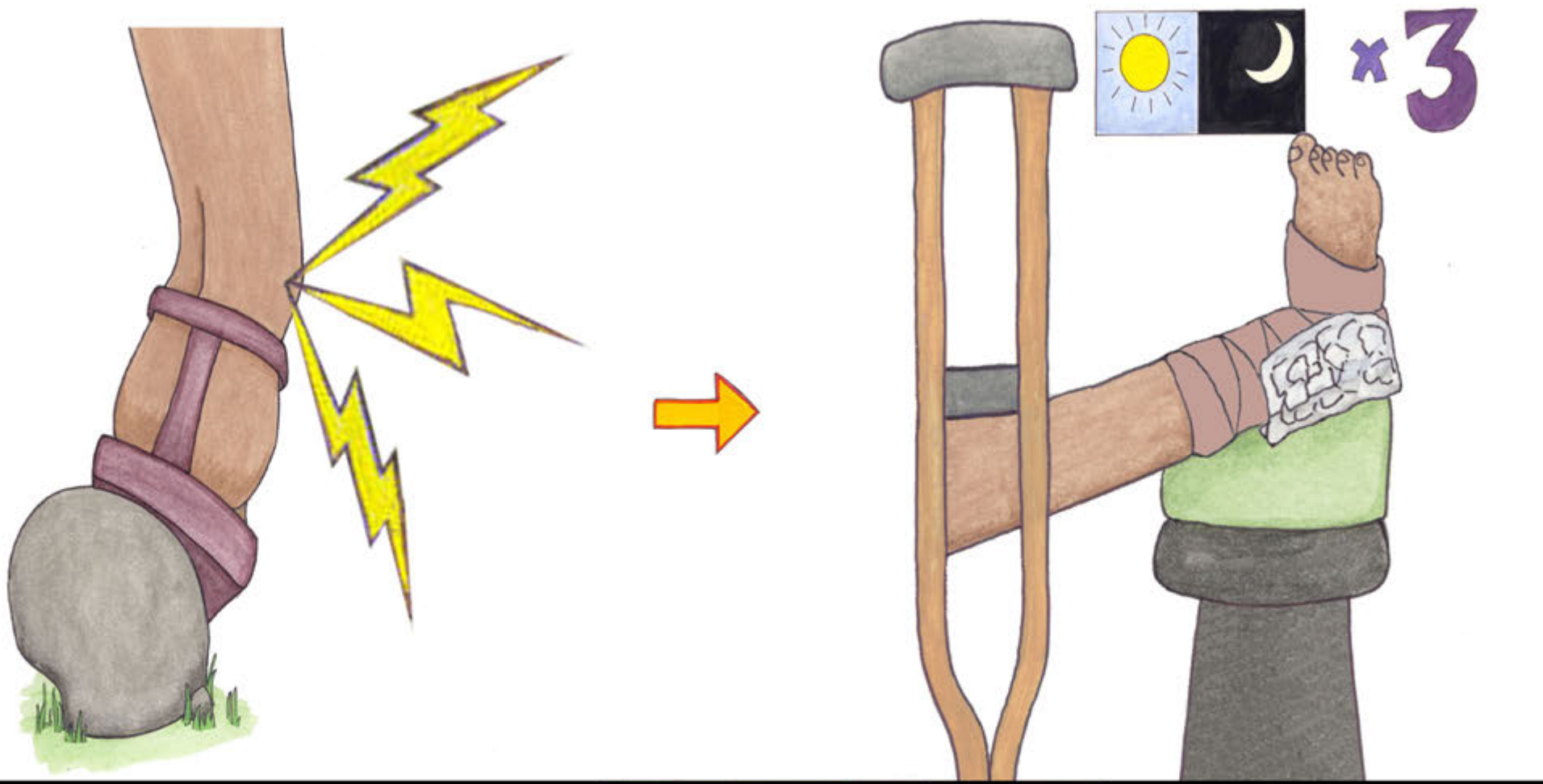


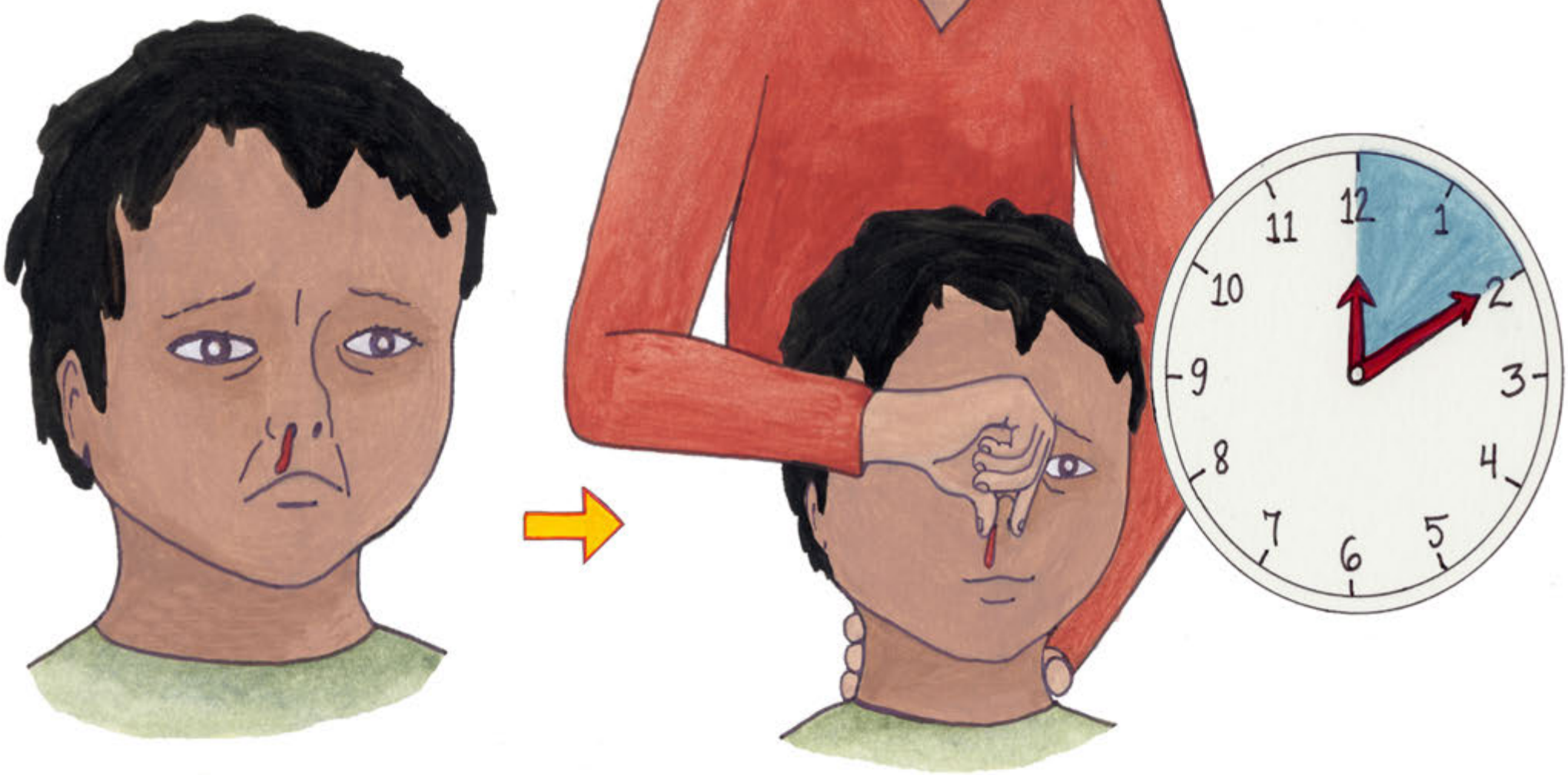
45. 溺水、跌落、交通事故

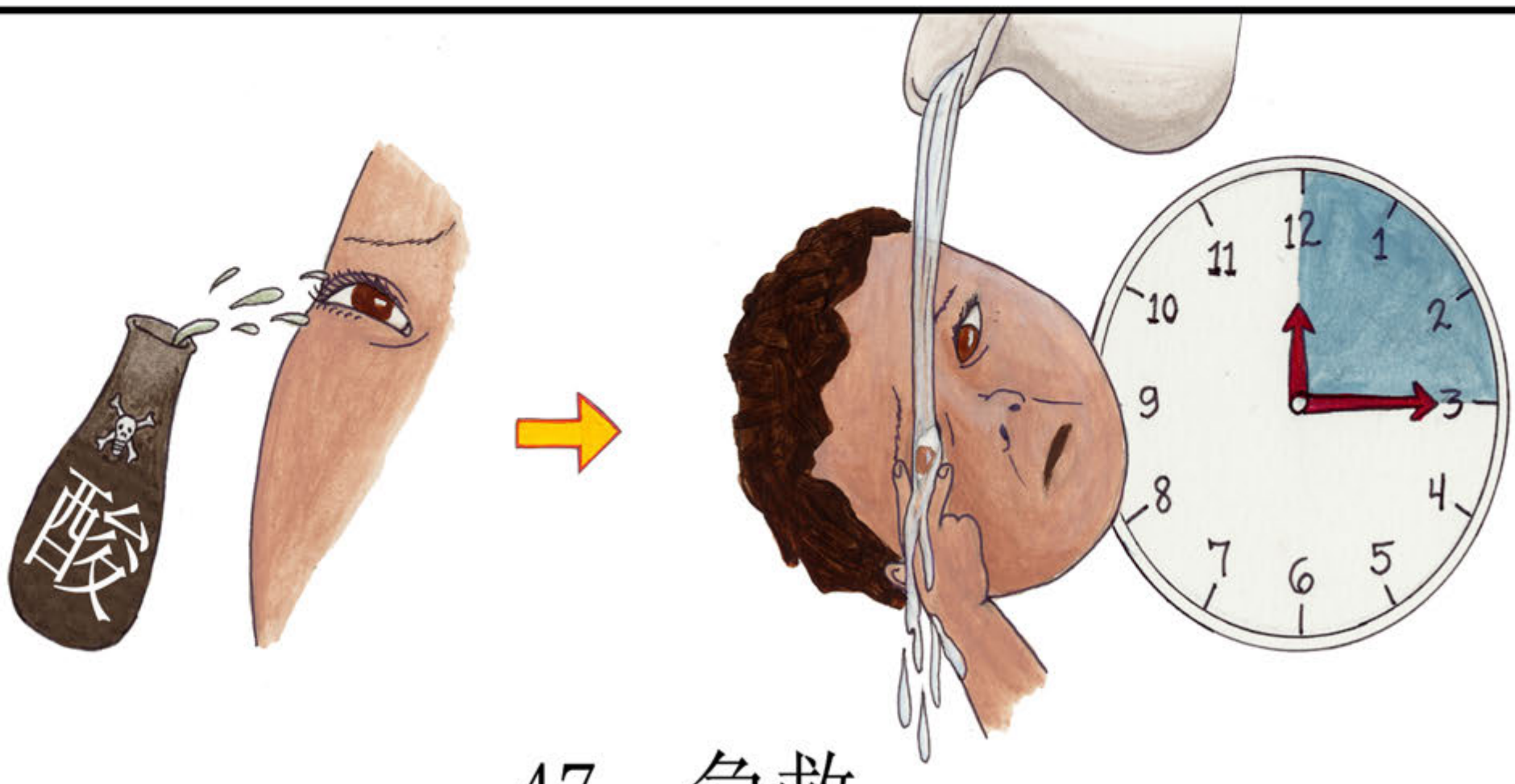




46. 狂犬病、室内烟雾

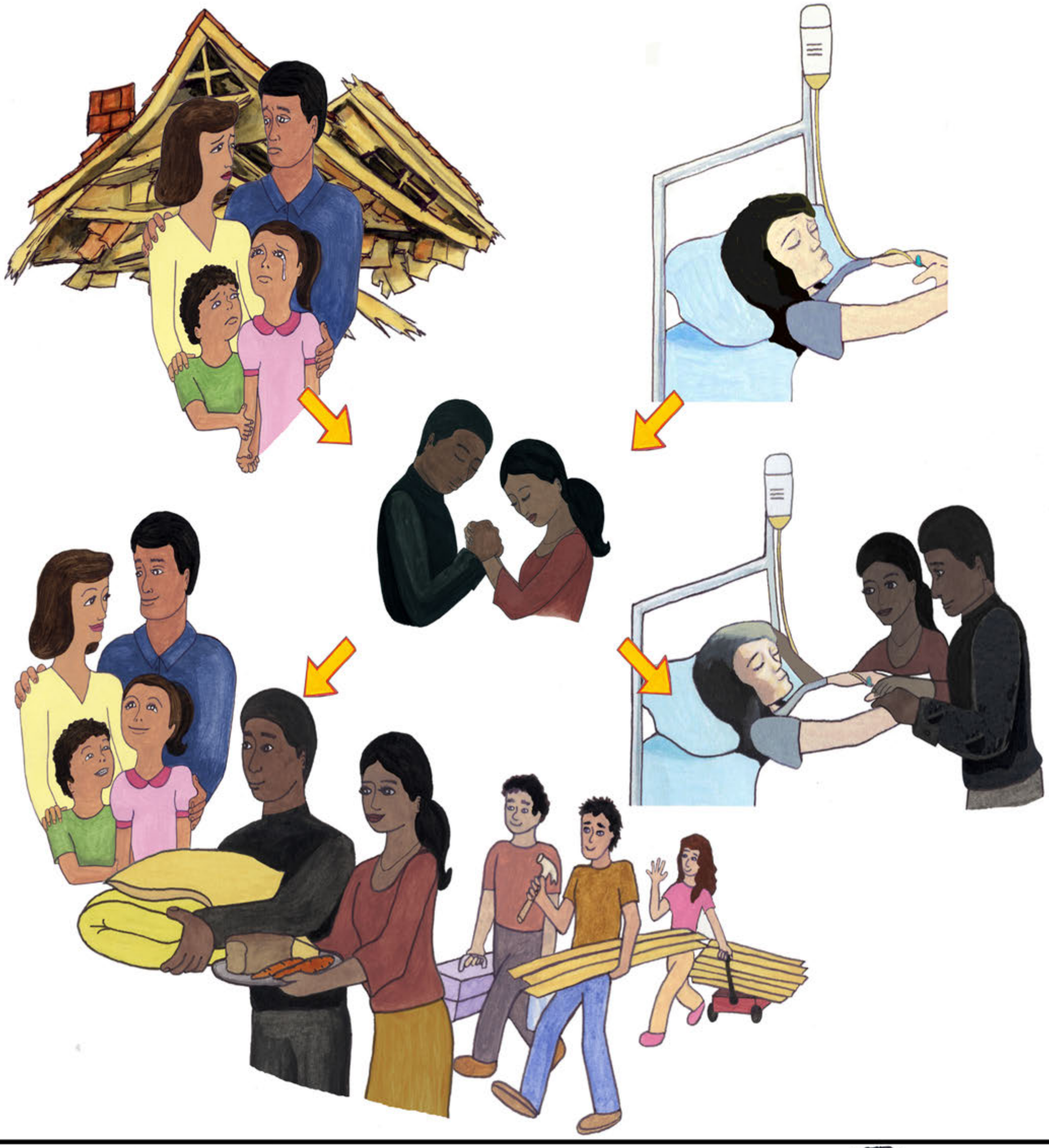




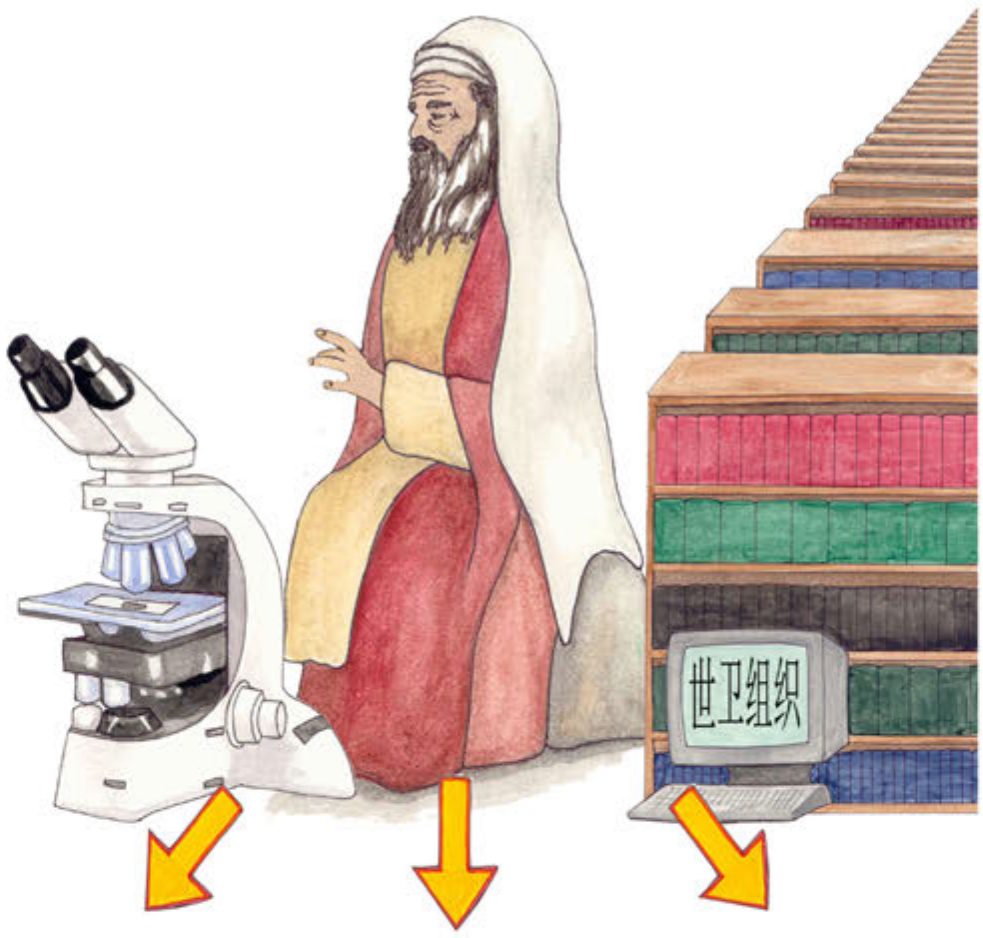


47. 急救

48. 窒息急救：腹推式（海姆利克氏急救法）



49. 从灾难及其它创伤中恢复



50. 总结--最重要的知识（概要）