

Proces verbal despre sedinta de informare sanatare

In cursul lunii Decembrie 2025 am organizat intalnire cu membrii proiectului pentru a informa persoanele respective de prevenirea si tratarea bolilor virale ale cailor respiratorii.

A fost atras atentia de a evita aglomeratiile, persoanelor bolnave.

Important purtarea mastii in locuri aglomerate, in caz daca sunt bolnavi si au nevoie de a paricipa in locuri publice.

Rol deosebit avand in vedere igiena personala spalarea pe maini ori de cate ori este nevoie dupa folosirea batistei, dupa folosirea toaletei, inainte de a servi mancare etc.

Consum zilnic de legume si fructe proaspete.

Reducerea consumului de zahar si grasimi

Consum suficient de apa curata, necarbogazoasa.

Respectarea unui program regulat de somn.

Renuntare la obiceiuri nocive fumat, consum excesiv de alcool

Controale medicale periodice.

Concluzii:

Activitatea s-a derulat în condiții bune, participanții au manifestat interes sporit pentru subiect, iar obiectivele propuse au fost atinse.

Se recomandă continuarea acestor acțiuni cu periodicitate trimestrială/semestrială pentru menținerea nivelului de informare și prevenirea afecțiunilor cardiovasculare.

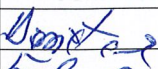
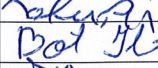
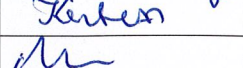
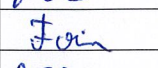
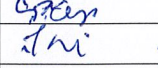
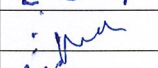
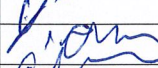
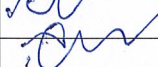
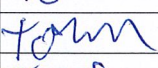
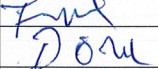
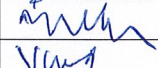
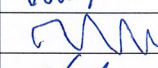
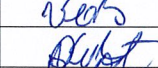
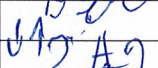
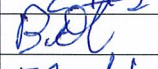
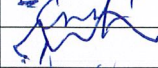
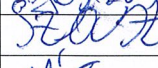
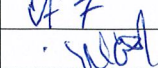
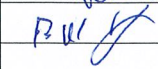
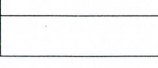
Atasez lista cu persoanele participante.

Ghindari la 19 decembrie 2025

Asistent medical comunitar,
Szombatfalvi Etelka-Ileana



Tabel cu persoanele care au participat la Sedinta de instruire Sanatate

Nr crt.	Nume Prenume	Adresa	Semnatura
1	DEMETER EMMA		
2	KACUR CASLO		
3	BOT, BOGYA		
4	KERTESI ILONA (GABELLA)		
5	NAROSAN IRINA		
6	FOMR LUCIAN		
7	VASS LEVENTE		
8	KACUR EVA		
9	CEIVE GILSEF		
10	KACANYOS POLI		
11	KACANYOS SANDOR		
12	DEMETER JANOS		
13	KACANYOS MARIAN		
14	VASS FERENCZ IMRE		
15	VASS FERENCZ IFI		
16	FARKAS JANOS		
17	FARKAS EMMA		
18	DAVID ENIKO		
19	JAKAB VIORICA		
20	VASS NUTACY		
21	DEMETER HADNI		
22	VASS ENIC		
23	VASS SICARD		
24	VASS ZHILIRANA		
25	BOT GYONGYI		
26	BOT OTURI		
27	SANTO DOMINIK		
28	FARKAS SANDOR		
29	NAGY OLICIA		
30	FARKAS MARGIT		
31	VASS GEORGINA		
32	AGOSTON FERENC		
33	BOT ARPAD		
34	BOT KAROLNA		

Alina 19. 19 decembrie
2025.