

ОСТОРОЖНО! СОЛНЦЕ!



МЧС РОССИИ

An illustration of a woman with long black hair, wearing a red sleeveless top with white polka dots, drinking from a blue water bottle. She is positioned in the upper right quadrant of the image. The background behind her is a blue sky with a bright yellow sun, white clouds, and a stylized cityscape with purple buildings. A white, torn-edge banner is placed over the lower part of her image.

пей больше
воды

An illustration of a woman with long brown hair, wearing a purple t-shirt, smiling and holding a red apple in her right hand. She is positioned in the lower left quadrant. In front of her is a basket filled with various fruits, including red apples, yellow pears, and a slice of watermelon. The background behind her is a bright yellow sunburst. A white, torn-edge banner is placed over the upper part of her image.

ешь больше
фруктов
и овощей



МЧС РОССИИ



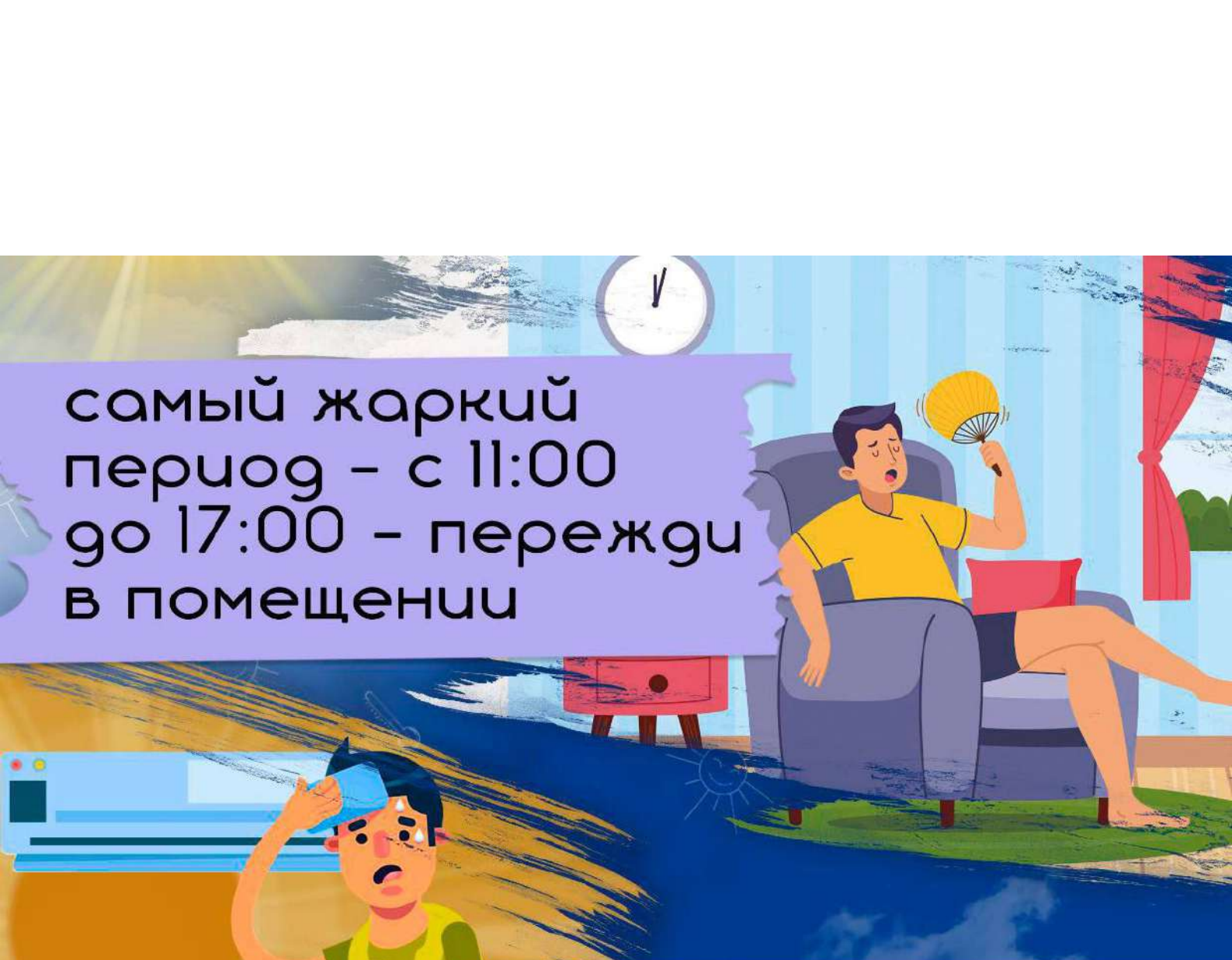
спортом занимайся
рано утром
или вечером



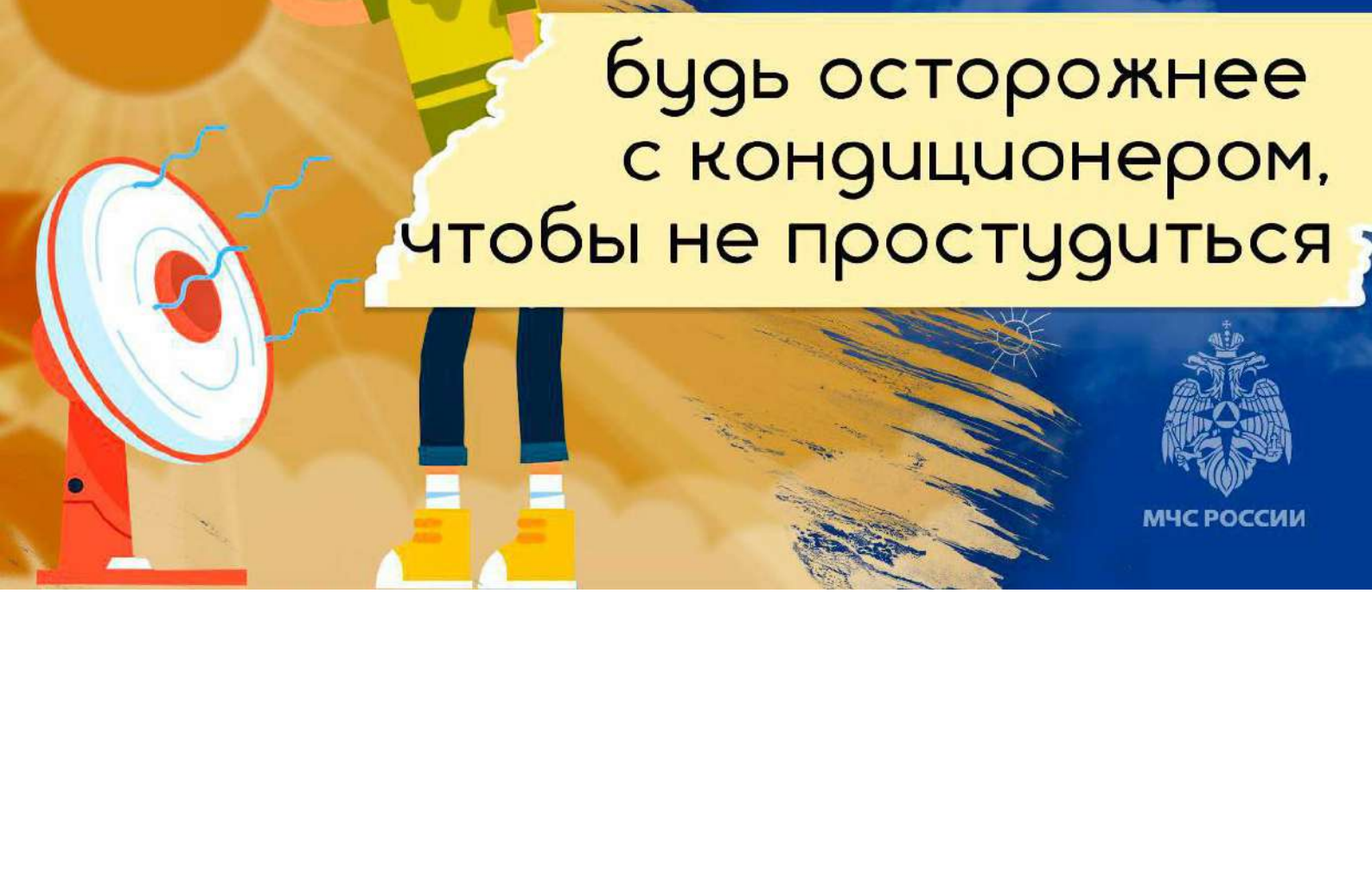
используй
солнцезащитный
крем



МЧС РОССИИ



самый жаркий
период – с 11:00
до 17:00 – пережди
в помещении



будь осторожнее
с кондиционером,
чтобы не простудиться



МЧС РОССИИ

An illustration depicting a daily routine. On the left, a man in an orange shirt and dark shorts is taking a shower, with water spraying from a blue showerhead. On the right, a woman in a teal shirt and orange apron is hanging laundry on a rack. The background is a mix of blue and yellow, suggesting a bright, sunny day. The text is presented in two white, torn-edge banners.

чаще принимай
прохладный или
контрастный душ

одевайся в светлую одежду
из натуральных тканей,
не забывай про головной убор

МЧС РОССИИ