# ZDRAVLJE

2019-1-RS01-KA201-000835

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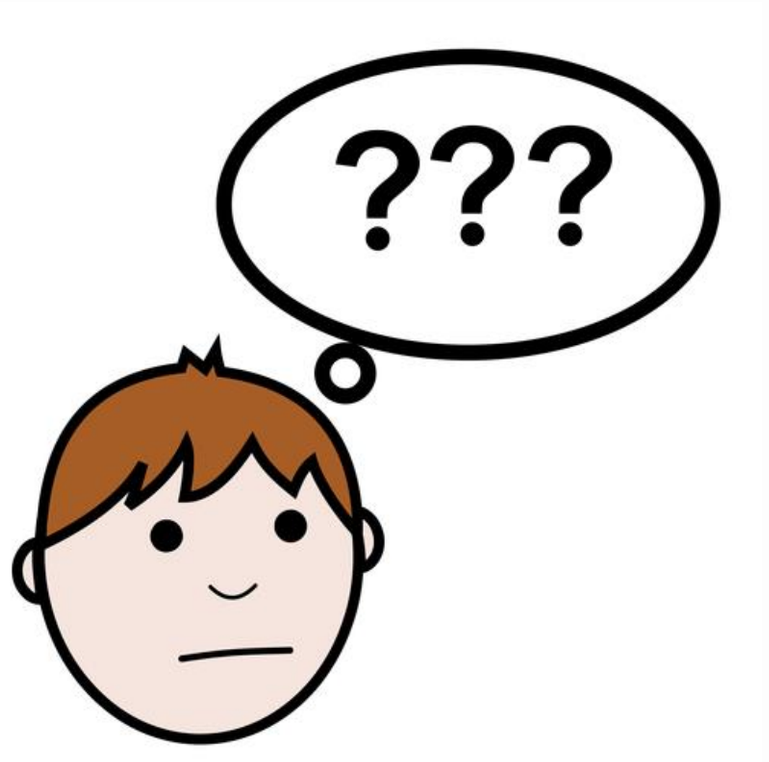
# KAKO ŽIVJETI ZDRAVO ?

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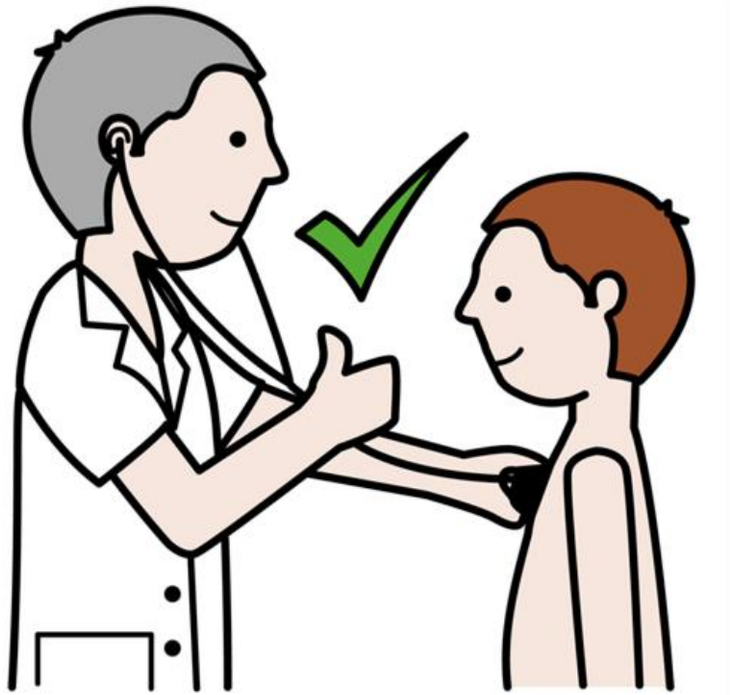
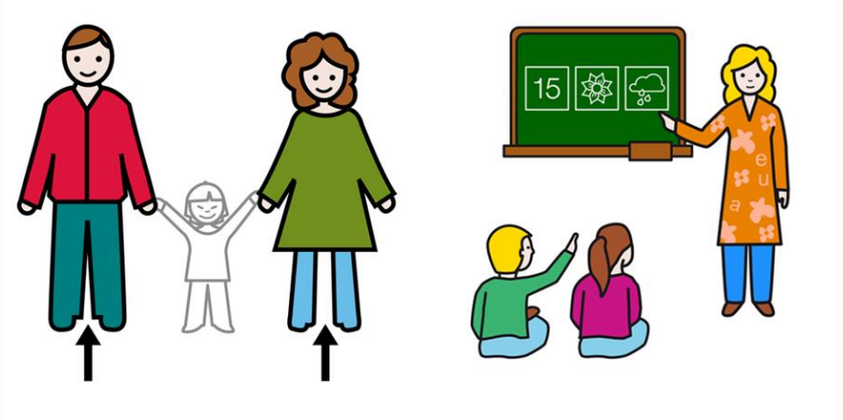


**SVI LJUDI ŽELE BITI**

**ZDRAVI.**

**I JA ŽELIM BITI ZDRAV.**

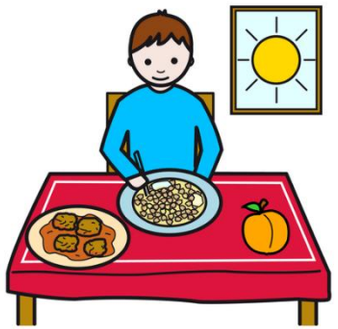
**ZATO UČIM KAKO ŽIVJETI ZDRAVO.**




**MOJI RODITELJI I UČITELJI MI MOGU U TOME POMOĆI.**

**ŽIVJETI ZDRAVO ZNAČI**

**IMATI ZDRAVE NAVIKE.**

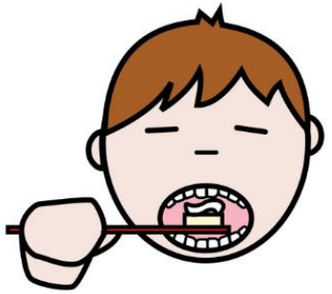


**ZDRAVA NAVIKA JE:**

**PITI VODU**

**I**

**JESTI RAZLIČITU HRANU.**



**ZDRAVA NAVIKA JE:**

**REDOVITO PRATI RUKE**

**ZUBE**

**I TUŠIRATI SE.**

**ZDRAVA NAVIKA JE:**

**SVAKI DAN HODATI,**

**TRČATI**

**ILI VJEŽBATI.**

**ZDRAVA NAVIKA JE:**

**IĆI SPAVATI U 9 SATI.**

**KADA ŽIVIM ZDRAVO**

**OSJEĆAM SE DOBRO I ZADOVOLJNO.**

# FIZIČKA AKTIVNOST

2019-1-RS01-KA201-000835

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**FIZIČKA AKTIVNOST JE**

**VAŽNA ZA ZDRAVLJE.**

**I JA ŽELIM BITI ZDRAV.**

**ZATO ĆU POKUŠATI BITI AKTIVAN SVAKI DAN.**

## SVAKI DAN MOGU:

**HODATI**

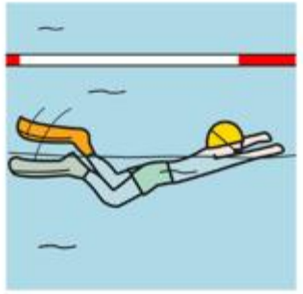
**ILI**

**TRČATI**

**ILI**

**VJEŽBATI.**

# MOGU SE BAVITI I NEKIM SPORTOM:



**PLIVANJEM**

**ILI**

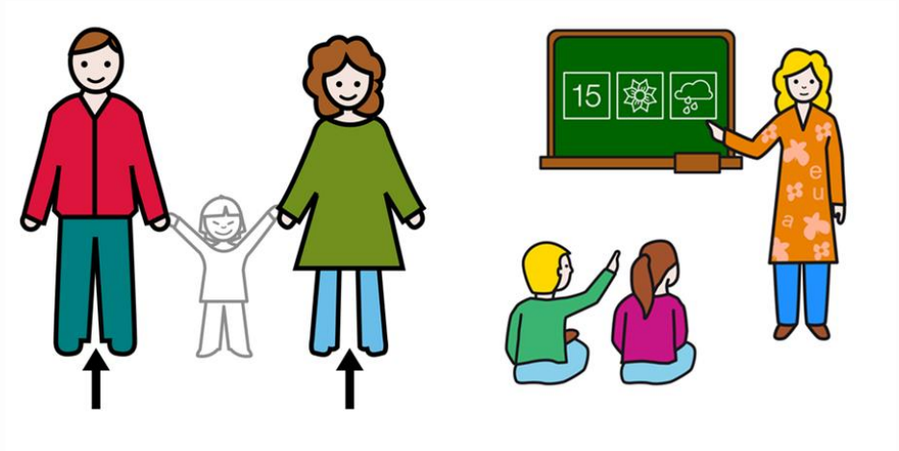
**JAHANJEM**

**ILI**

**KUGLANJEM**

**ILI**

**PLANINARENJEM**

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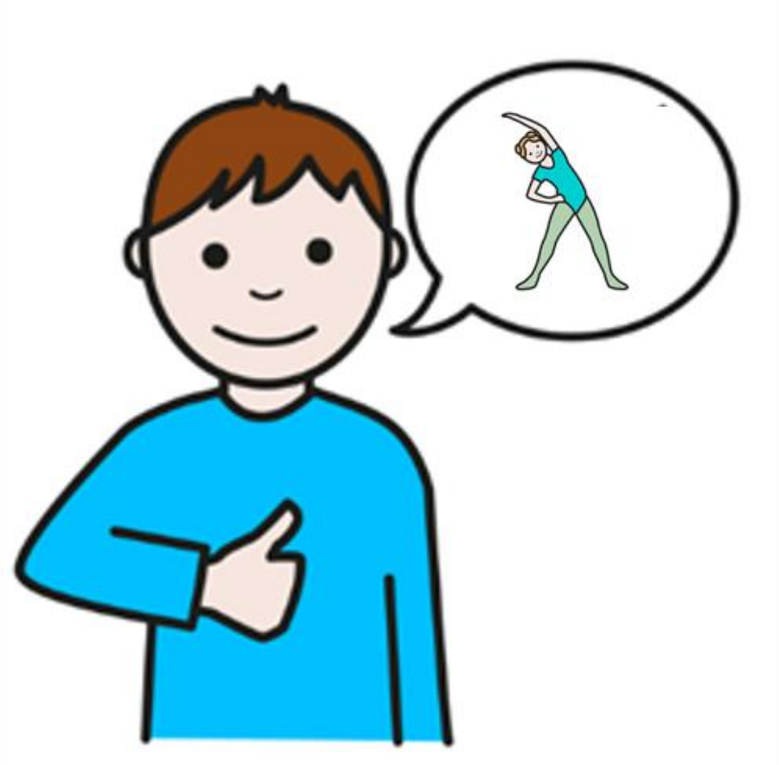
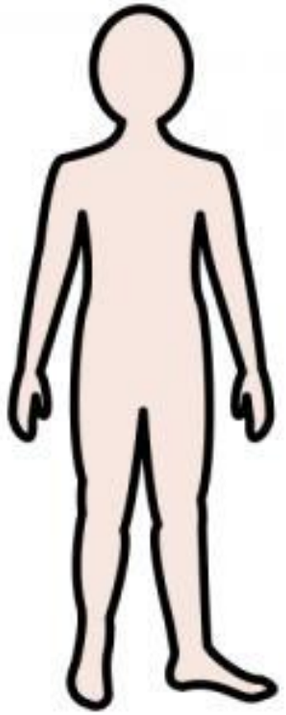


**FIZIČKA AKTIVNOST JE ZDRAVA NAVIKA.**

2019-1-RS01-KA201-000835

**KADA SAM AKTIVAN**
**OSJEĆAM**
**SE DOBRO I ZADOVOLJNO.**

# SISTEMATSKI PREGLED



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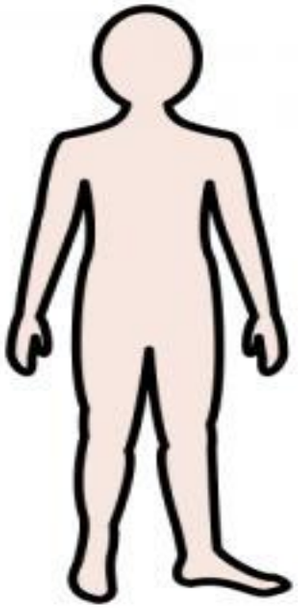
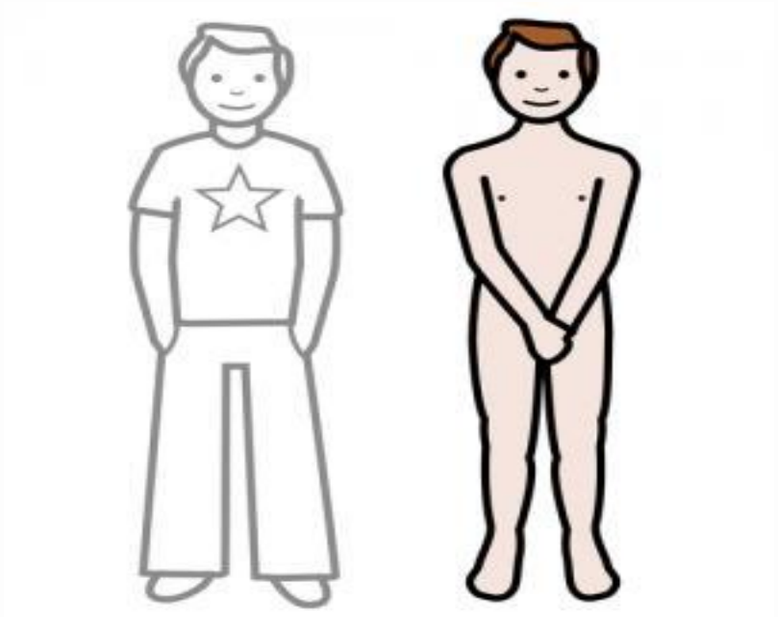
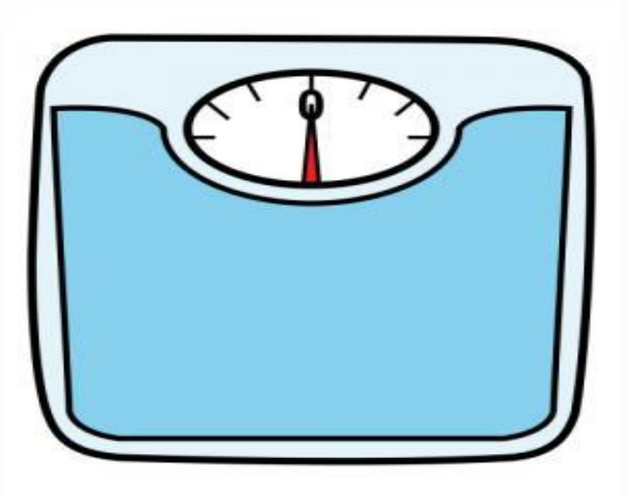
**PONEKAD TREBAM IĆI NA SISTEMATSKI PREGLED.**
**TO ZNAČI DA ĆE ME LIJEČNIK PREGLEDATI.**

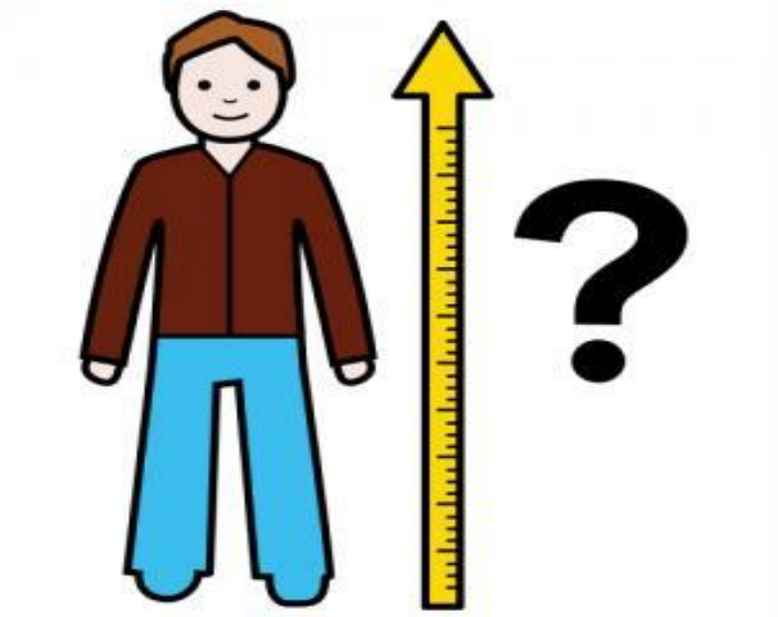


# LIJEČNIK ĆE MI REĆI DA SKINEM ODJEĆU KAKO BI ME PREGLEDAO.

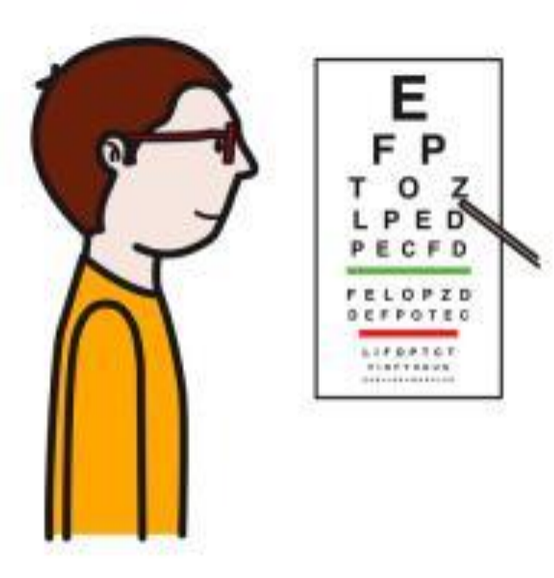


**NAJPRIJE ĆE IZMJERITI MOJU TEŽINU I VISINU.**



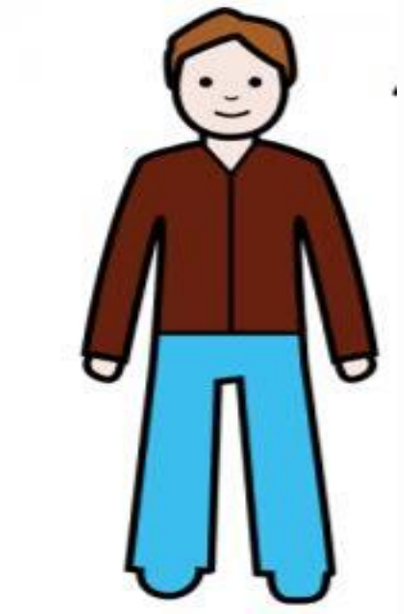


# ONDA ĆE PROVJERITI VIDIM LI DOBRO.



**NAKON TOGA ĆE STETOSKOPOM POSLUŠATI MOJE SRCE I PLUĆA.**

**KADA PREGLED ZAVRŠI, ODJENUT ĆU SE.**
**SVE JE DOBRO PROŠLO.**



# PROMJENE U PUBERTETU

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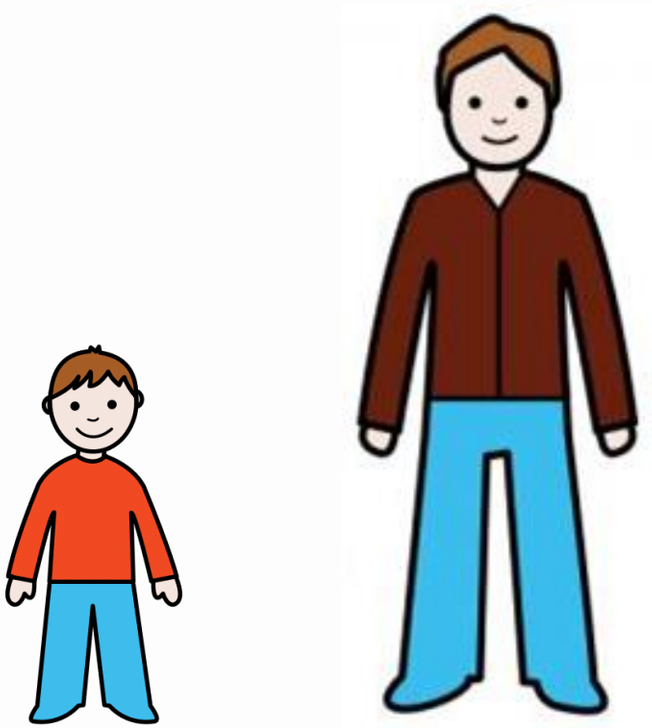
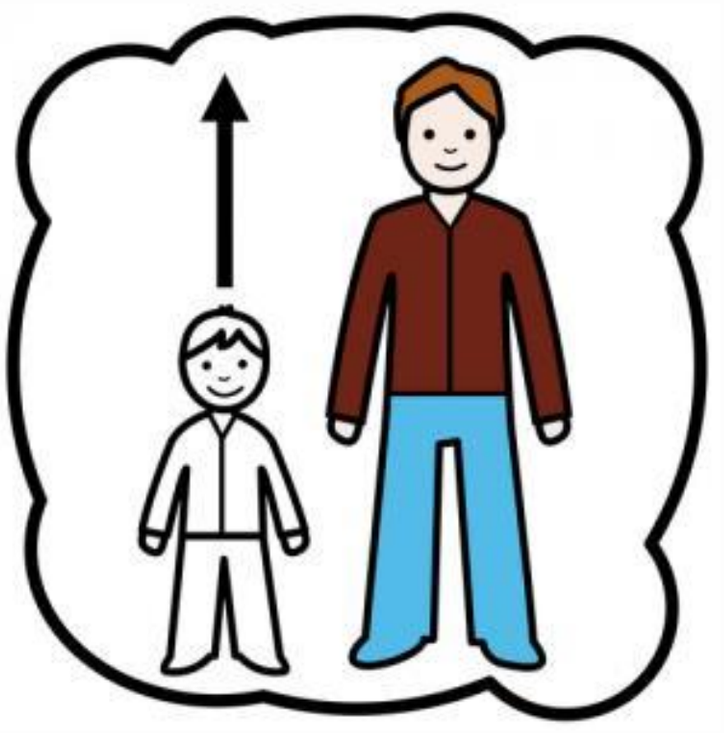
# RASTEM.
# BIO SAM DJEČAK, SADA SAM MLADIĆ.



**MOJE TIJELO SE MIJENJA.**
**POSTAJEM VIŠI I VEĆI.**
**TO JE DOBRO.**



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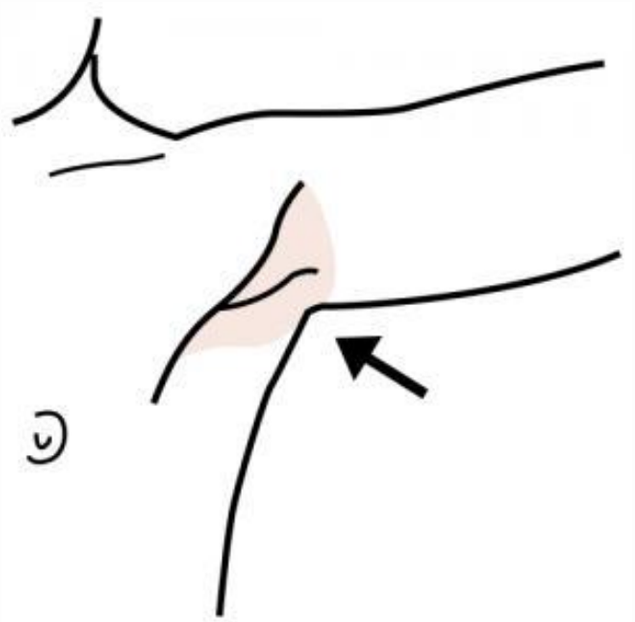
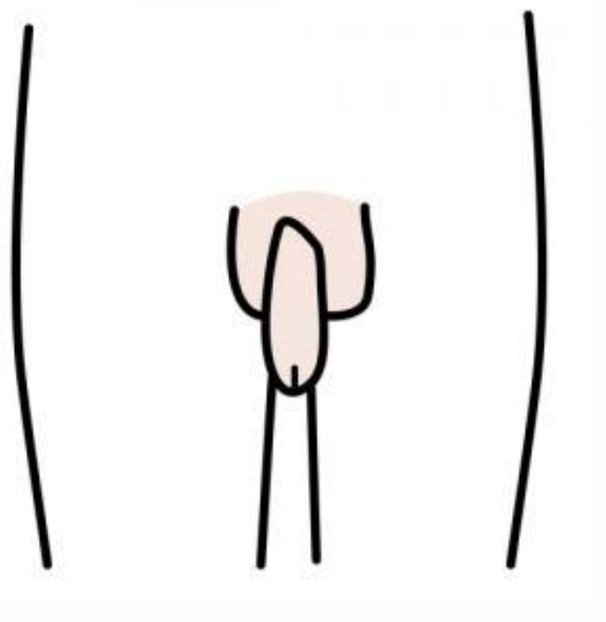
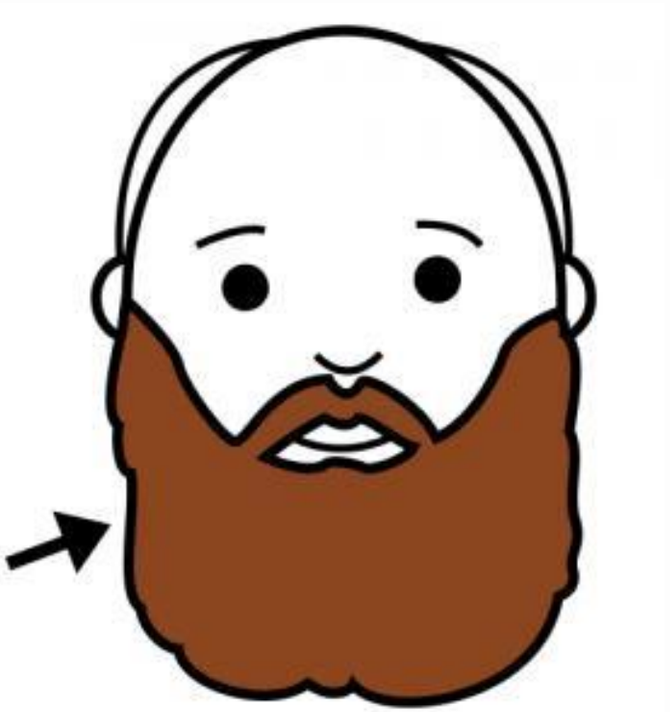


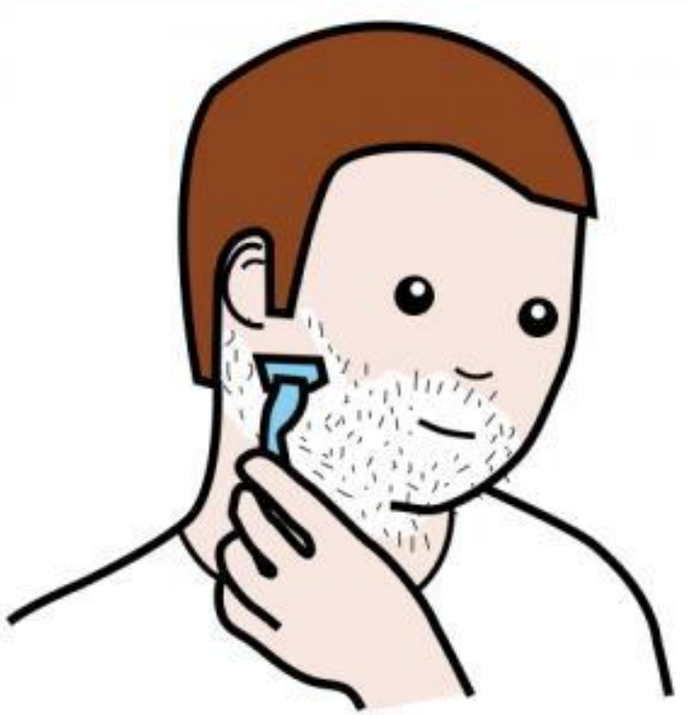


**POJAČANO SE ZNOJIM**
**PA TREBAM POČETI KORISTITI DEZODORANS.**
**TO JE NORMALNO.**

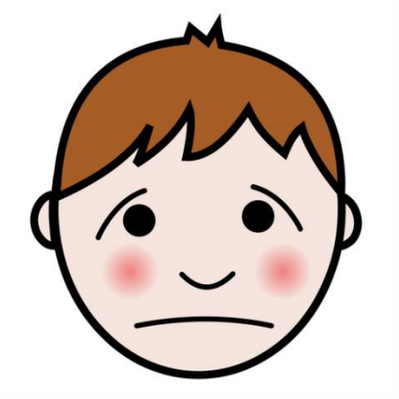
# RASTE MI BRADA I BRKOVI.



# TATA ĆE MI POKAZATI KAKO SE OBRIJATI.



**PONEKAD OSJEĆAM SRAM, A PONEKAD PONOS ZBOG SVIH TIH PROMJENA.**
**TO JE U REDU.**



# TE PROMJENE SE DOGAĐAJU SVIM DJEČACIMA.

**U REDU JE PITATI RODITELJE ILI UČITELJICU O PROMJENAMA U PUBERTETU. ONI ME VOLE I RAZUMIJET ĆE.**

# PROMJENE U PUBERTETU

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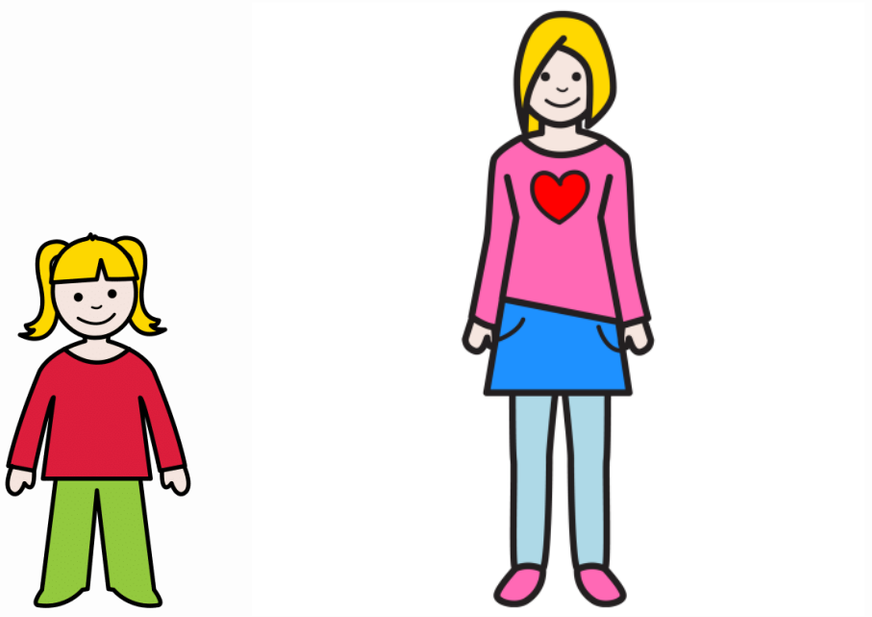
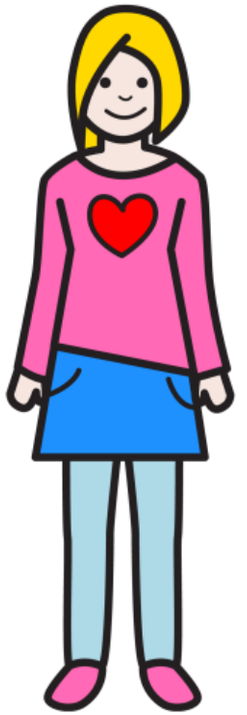
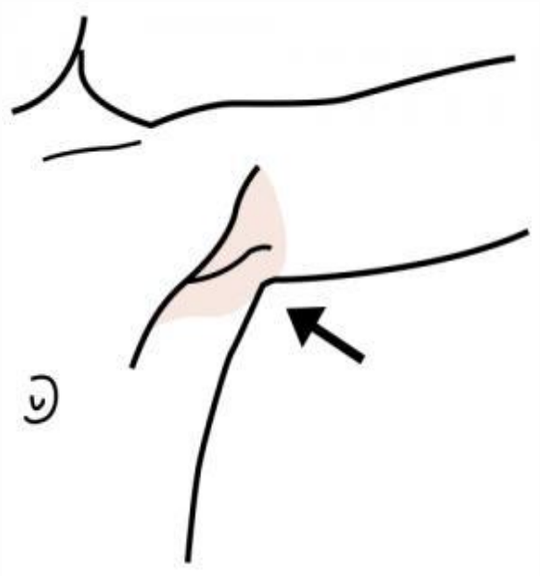
# RASTEM.
# BILA SAM DJEVOJČICA, SADA SAM MLADA ŽENA.

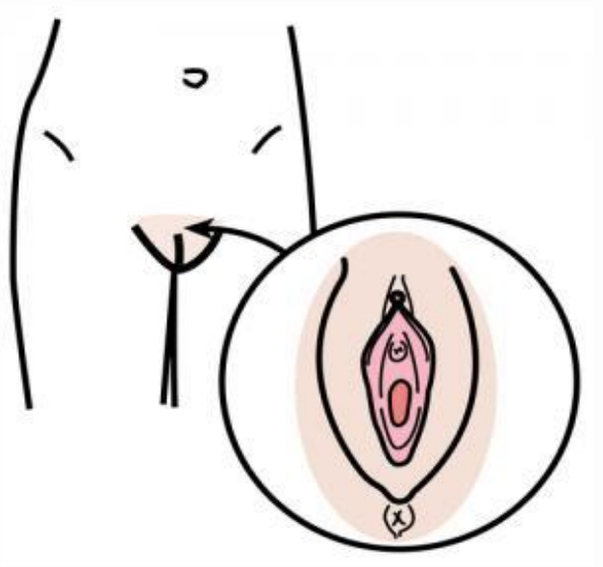


**MOJE TIJELO SE MIJENJA.**
**POSTAJEM VIŠA I VEĆA.**
**TO JE DOBRO.**

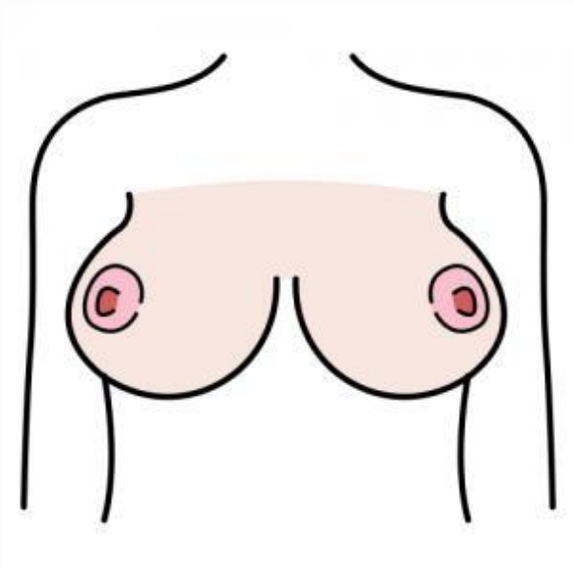


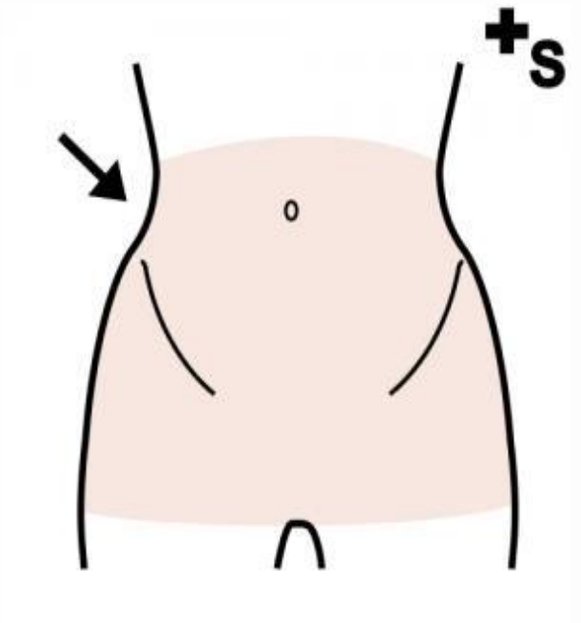
# ISPOD PAZUHA I NA INTIMNIM DIJELOVIMA TIJELA POČINJU MI RASTI DLAČICE.



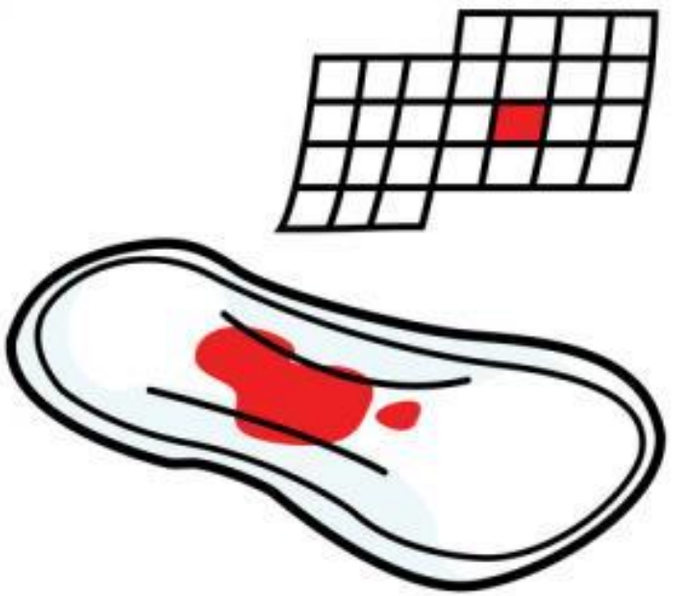


# RASTU MI GRUDI I BOKOVI.





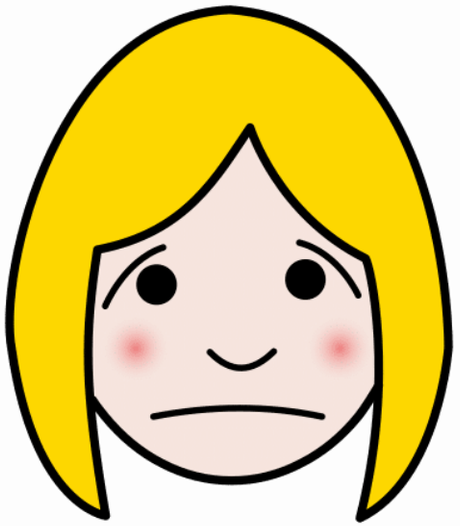
# USKORO ĆU DOBITI MENSTRUACIJU.



**MOJA MAMA ĆE MI POKAZATI KAKO DA PROMIJENIM ULOŽAK I ODRŽAVAM HIGIJENU INTIMNIH DIJELOVA SVOGA TIJELA.**

**POJAČANO SE ZNOJIM PA TREBAM POČETI KORISTITI DEZODORANS.**
**TO JE NORMALNO.**

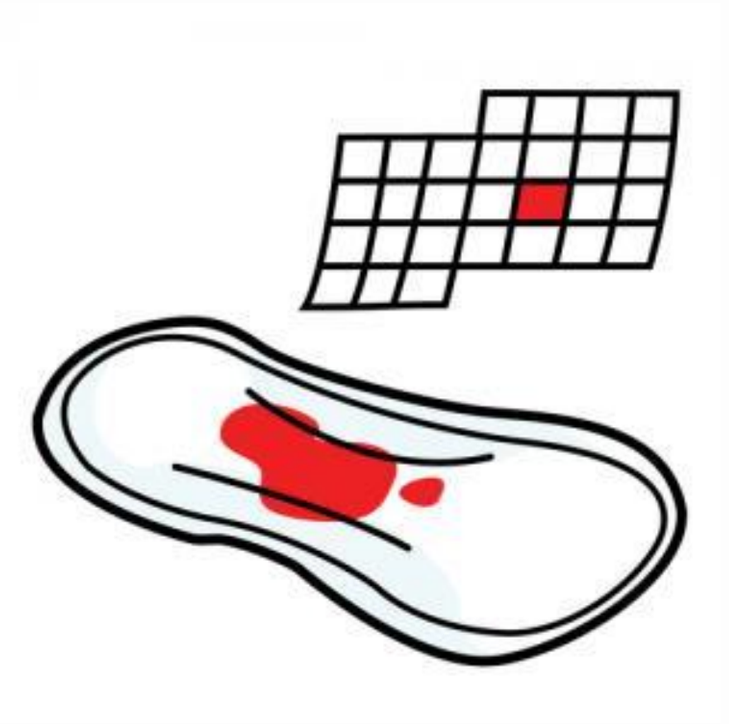
**PONEKAD OSJEĆAM SRAM, A PONEKAD PONOS ZBOG SVIH TIH PROMJENA.**
**TO JE U REDU.**



**TE PROMJENE DOGAĐAJU SE SVIM DJEVOJKAMA.**

**U REDU JE PITATI MAMU ILI UČITELJICU O PROMJENAMA U PUBERTETU. ONE ME VOLE I RAZUMJET ĆE.**

# DOBIT ĆU MENSTRUACIJU



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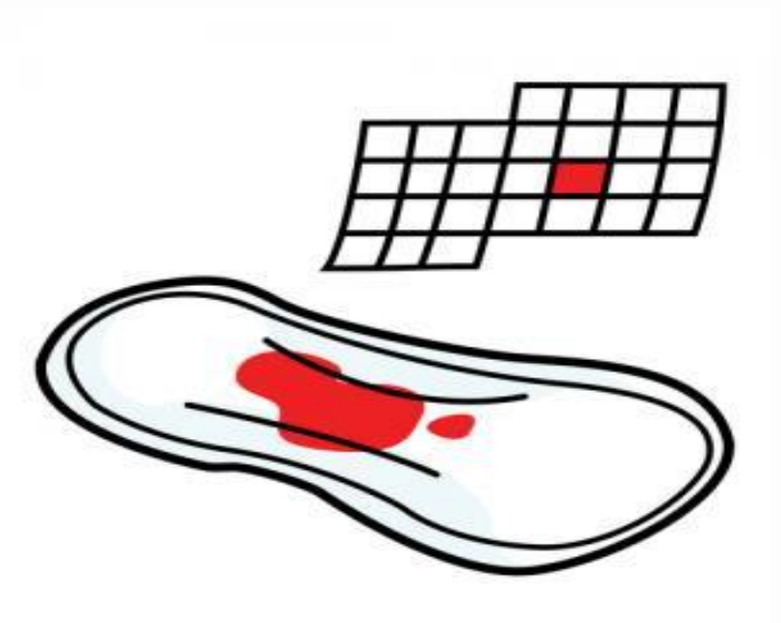
**SVE DJEVOJKE DOBIJU MENSTRUACIJU.**
**I MOJA MAMA IMA MENSTRUACIJU.**

**USKORO ĆU I JA DOBITI MENSTRUACIJU.**
**TO ZNAČI DA ĆU VIDJETI KRV NA GAĆICAMA.**

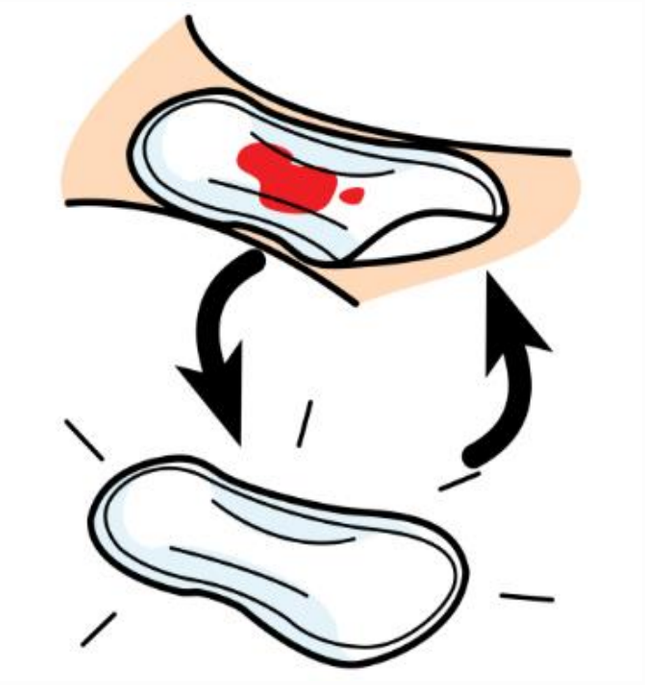


# MENSTRUACIJA ĆE TRAJATI NEKOLIKO DANA I ONDA ĆE PRESTATI.

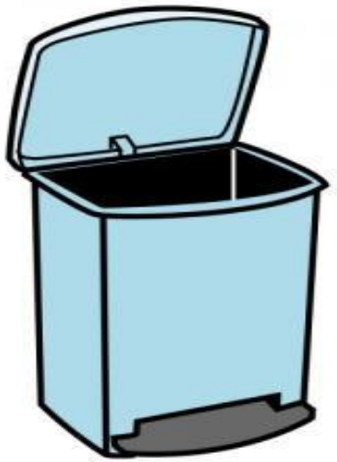
| | | | | | | |
|---|---|---|---|---|---|---|
| P | U | S | Č | P | S | N |

# KAD DOBIJEM MENSTRUACIJU, TREBAT ĆU NOSITI ULOŽAK.

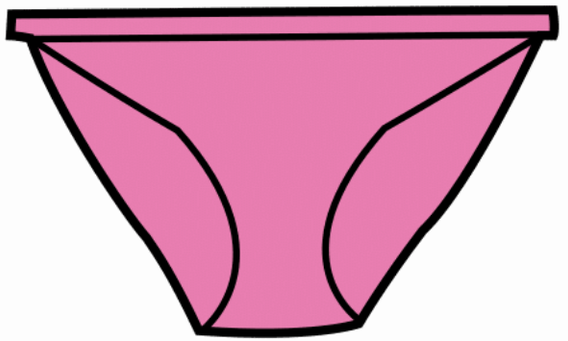
**KAD MOJ ULOŽAK POSTANE PRLJAV, PROMIJENITI ĆU GA. PRVO ĆU OTIĆI U KUPAONICU.**



**PRLJAVI ULOŽAK ĆU MAKNUTI IZ GAĆICA, ZAROLATI GA I BACITI U KOŠ ZA SMEĆE.**

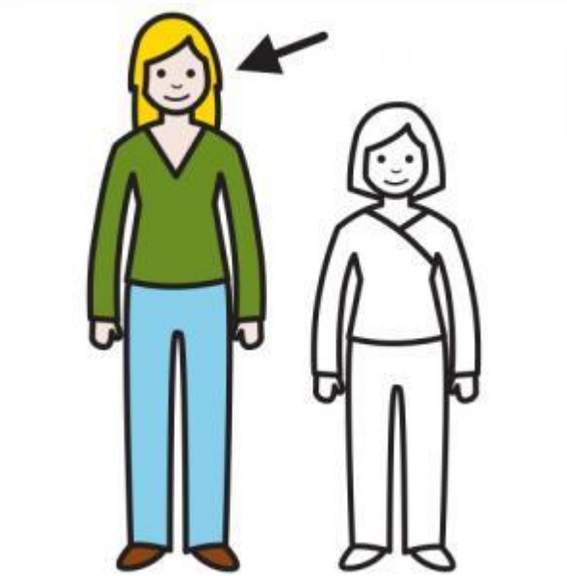


# ČISTI ULOŽAK ĆU STAVITI U SVOJE GAĆICE.

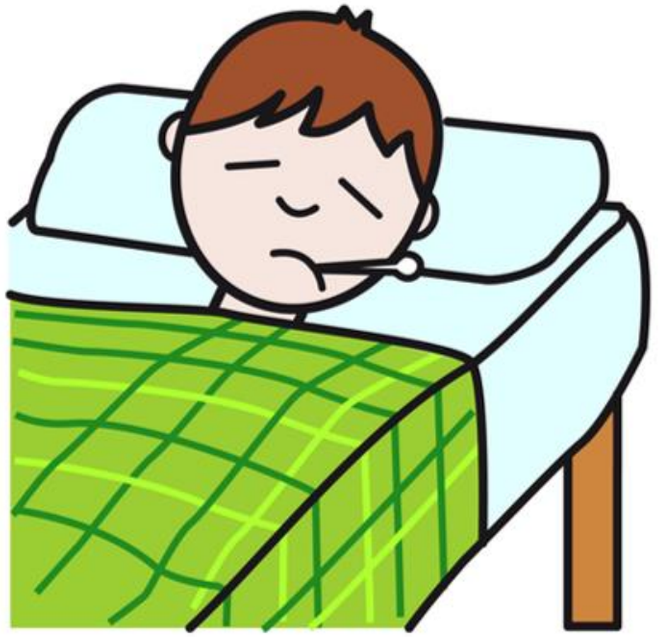


**NA KRAJU TREBAM DOBRO OPRATI RUKE.**

# U REDU JE IMATI MENSTRUACIJU.
# TO ZNAČI DA POSTAJEM MLADA ŽENA.



# ŠTO I GDJE ME BOLI?



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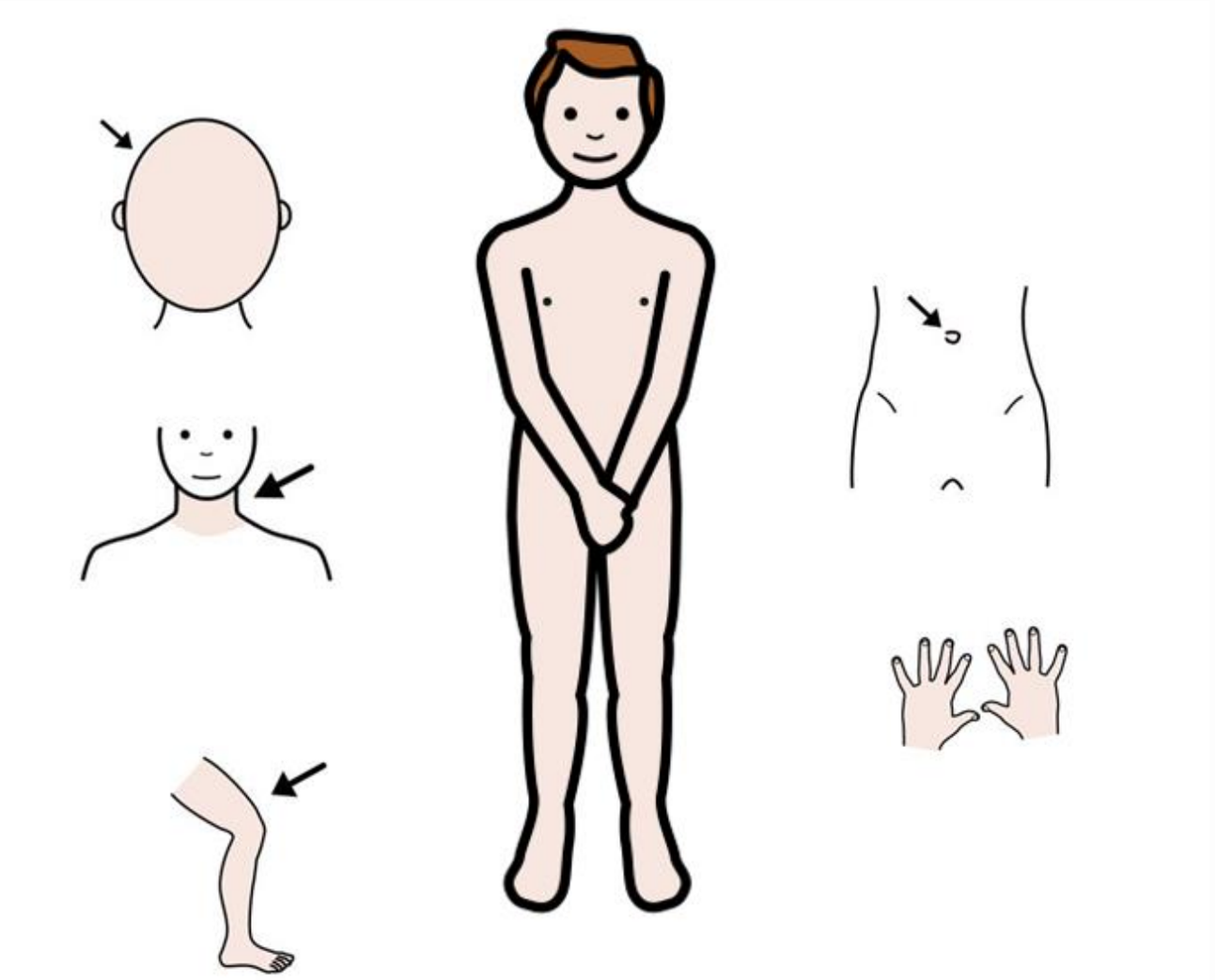


**MOJE TIJELO IMA GLAVU, VRAT, TRUP, RUKE I NOGE.**

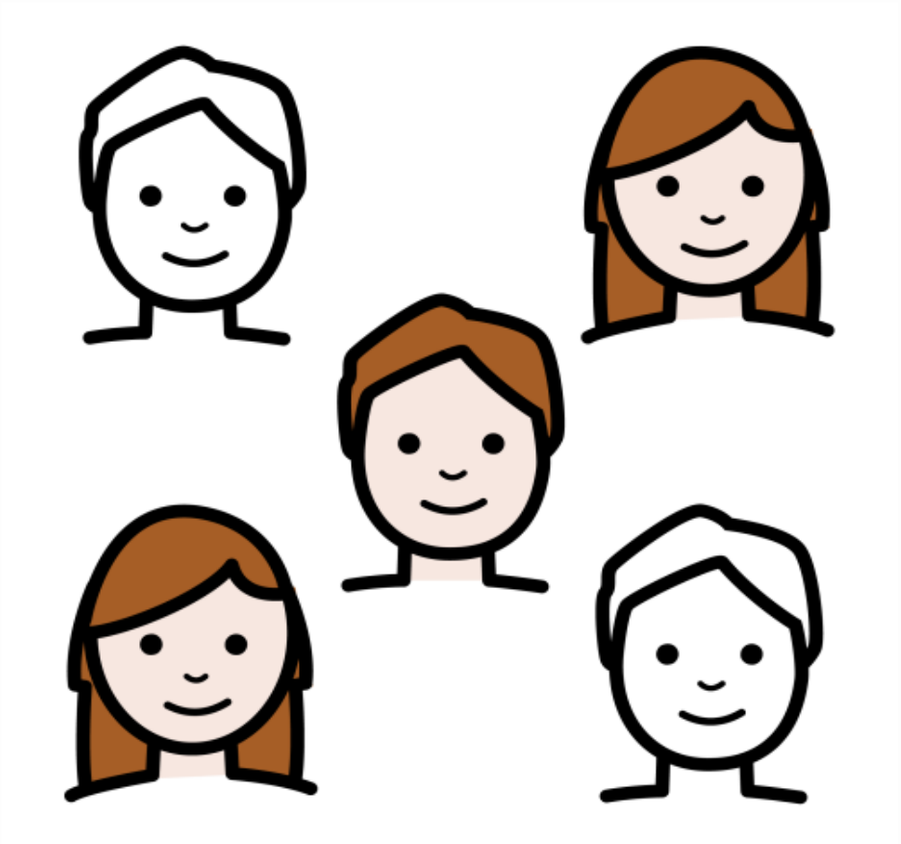
**UGLAVNOM SE OSJEĆAM DOBRO I NIŠTA ME NE BOLI.**

**SADA SE OSJEĆAM...**

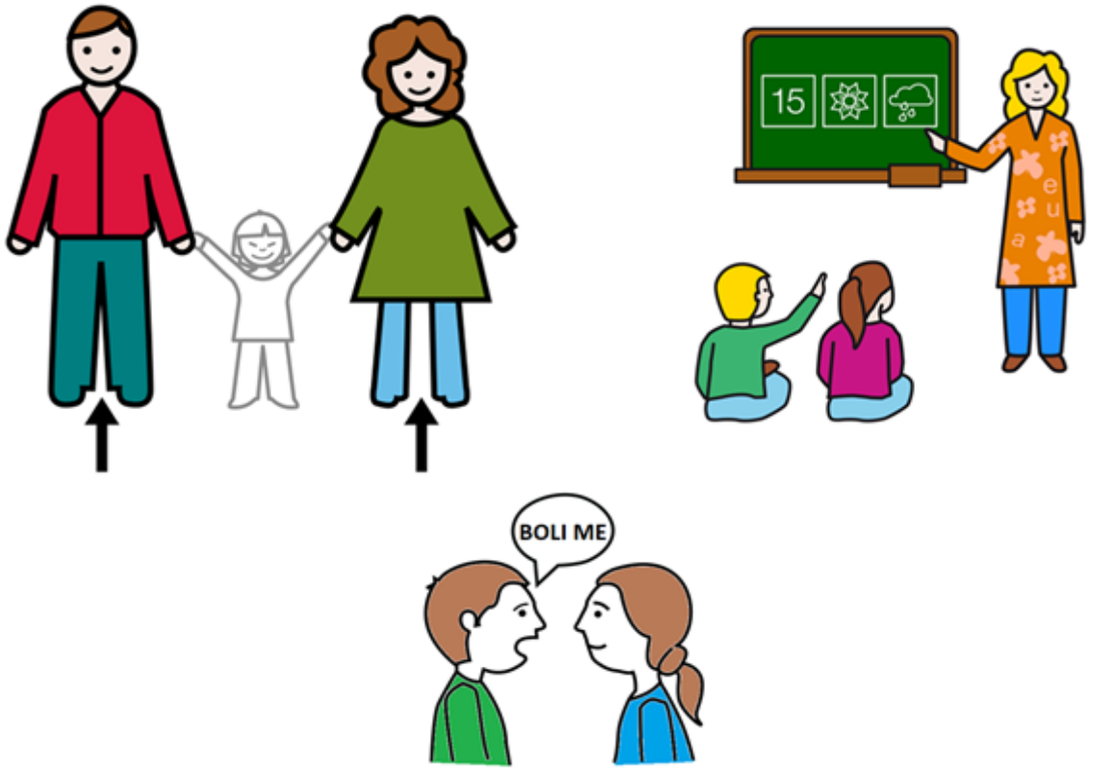
☐

☐

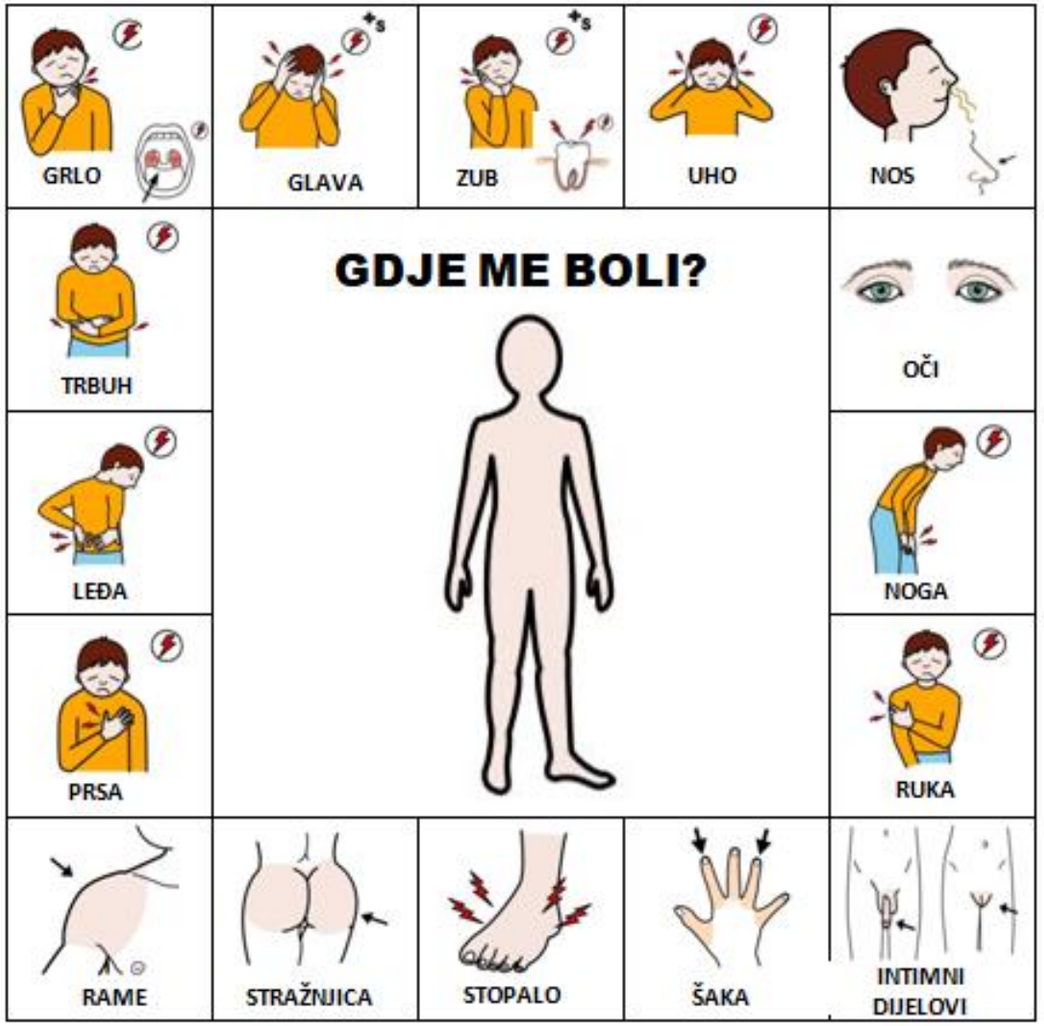
☐



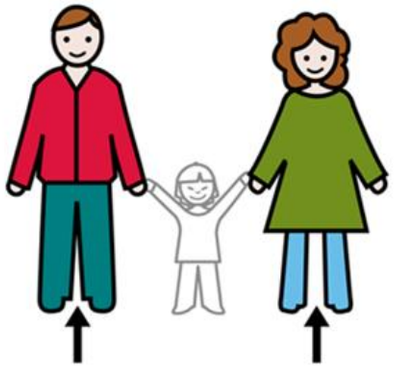
**SVATKO SE PONEKAD RAZBOLI ILI OZLIJEDI.**

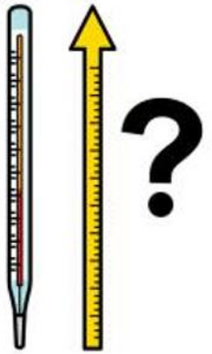



**KADA ME BOLI, MOGU REĆI MAMI, TATI ILI UČITELJICI.**

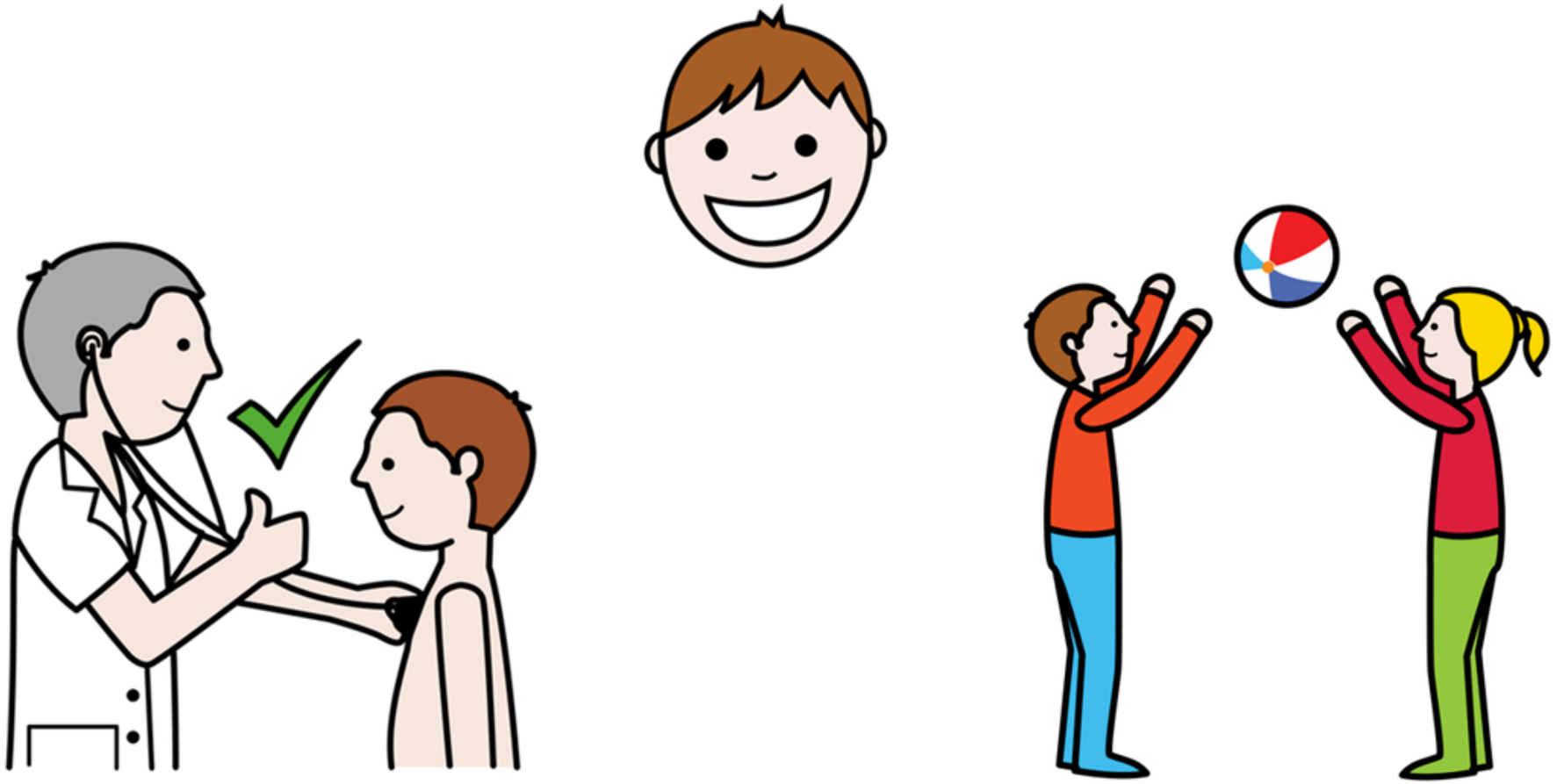



**MOGU REĆI I POKAZATI NA SLICI ŠTO ME BOLI.**





**MAMA, TATA ILI UČITELJICA**
**MOGU MI POMOĆI DA SE OSJEĆAM BOLJE.**
**MOGU MI IZMJERITI TEMPERATURU ILI DATI LIJEK.**



**KADA OZDRAVIM, OSJEĆAT ĆU SE BOLJE I MOĆI ĆU SE IGRATI.**

# KADA SE RAZBOLIM

2019-1-RS01-KA201-000835

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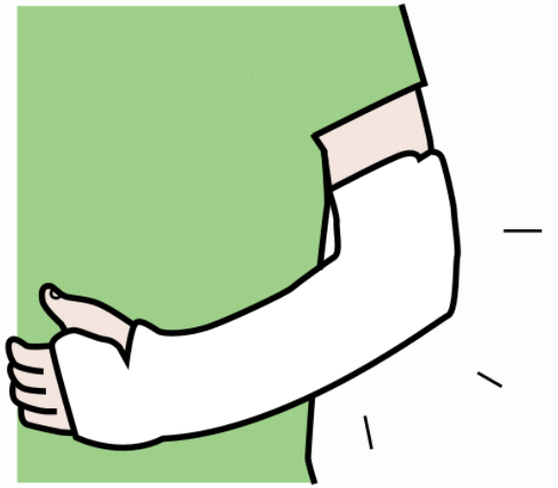
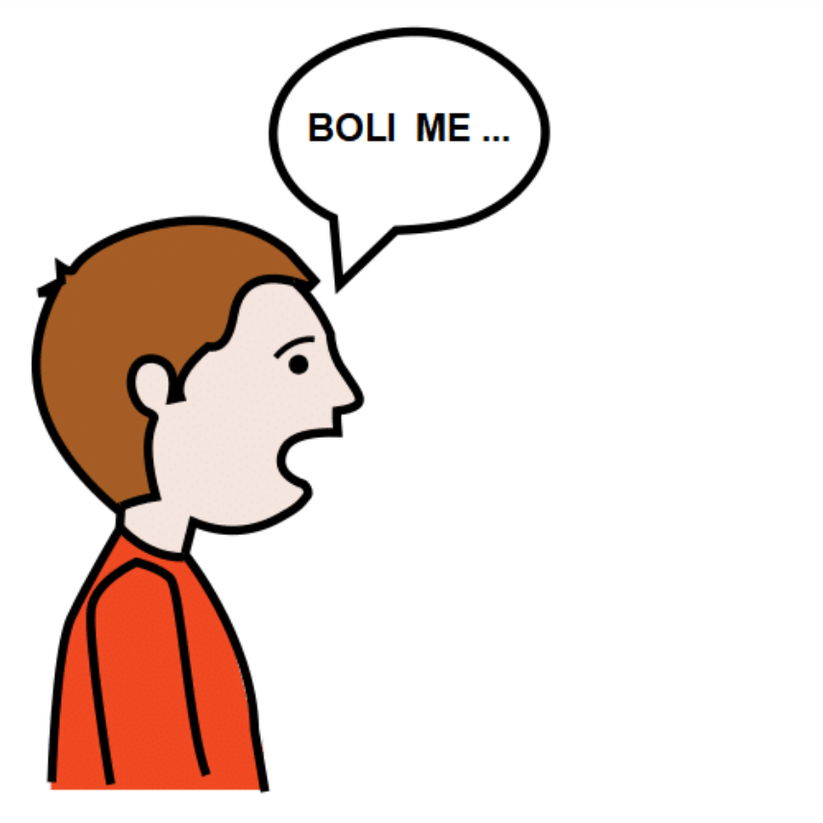


**PONEKAD SE LJUDI RAZBOLE, OZLIJEDE ILI SE NE OSJEĆAJU DOBRO.**



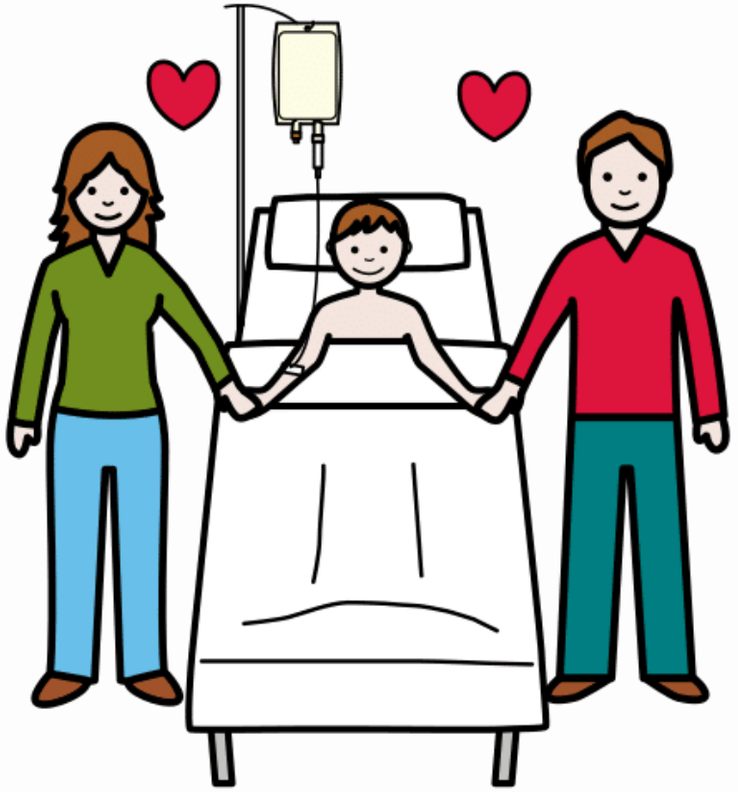

**I JA SE PONEKAD RAZBOLIM I NE OSJEĆAM SE DOBRO.**
**MOGU REĆI „BOLI ME...”**

**KADA SE LJUDI RAZBOLE, MOGU IĆI LIJEČNIKU I POTRAŽITI NJEGOVU POMOĆ. LIJEČNIK LIJEČI BOLESNE LJUDE.**

**TRUDIT ĆU SE SLUŠATI UPUTE LIJEČNIKA I ODRASLIH.**

**PONEKAD TREBA UZETI LIJEK, PONEKAD TREBA ODMARATI.**

**TO ĆE MI POMOĆI DA ŠTO PRIJE OZDRAVIM.**



**PONEKAD LJUDI TREBAJU OSTATI U BOLNICI.**

**KADA SAM ZDRAV, OSJEĆAM SE DOBRO.**

# KORONAVIRUS

2019-1-RS01-KA201-000835

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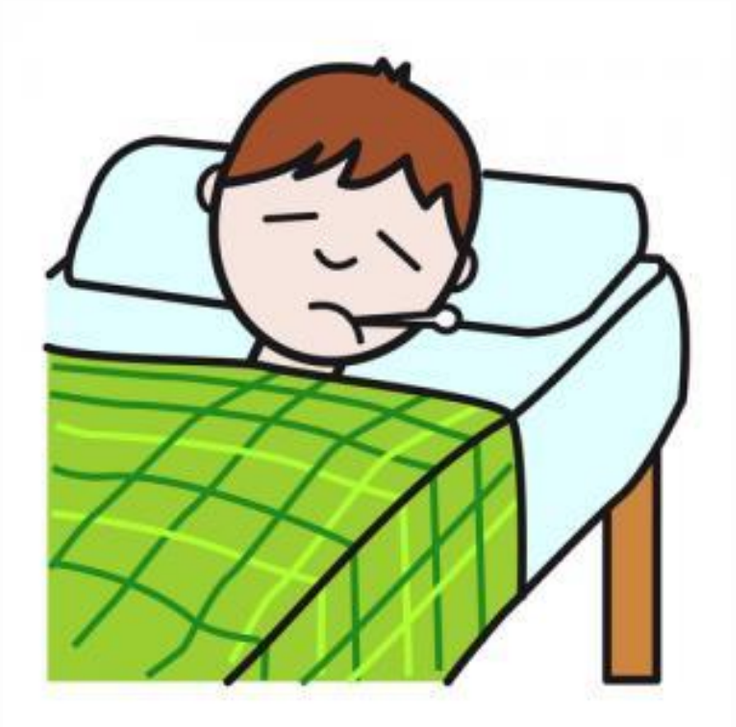
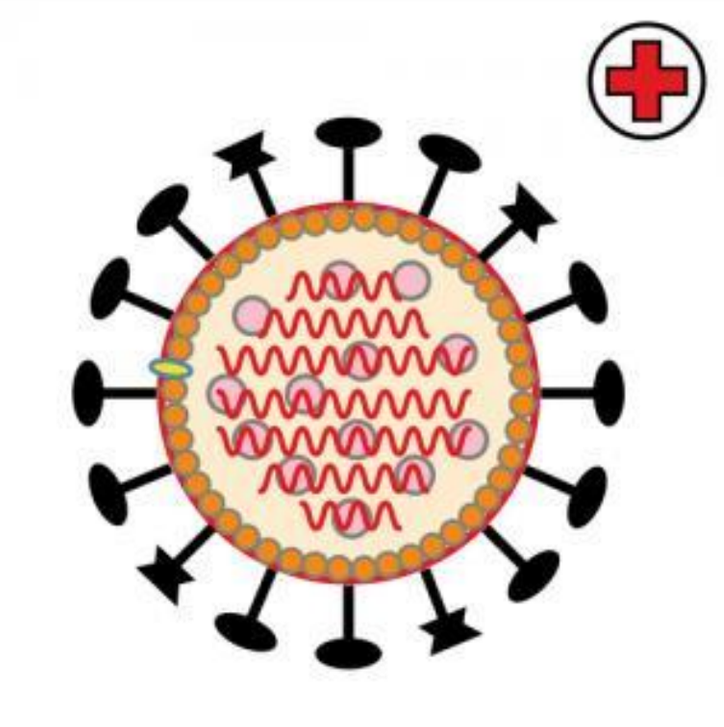
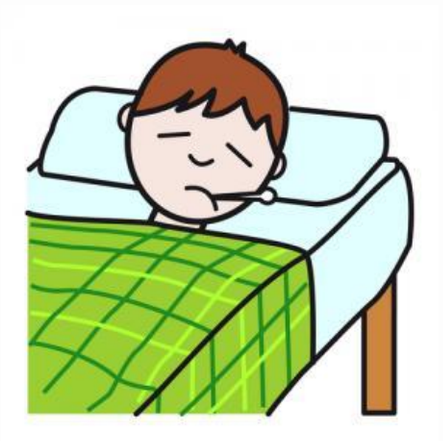
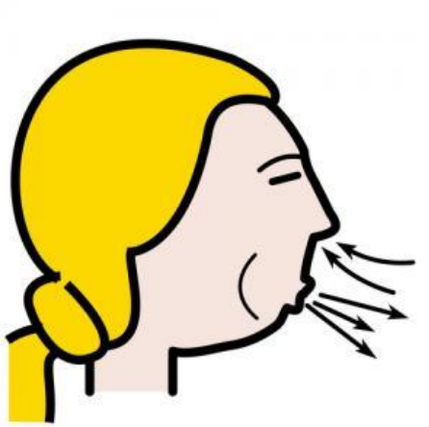
# BOLESTAN SAM.



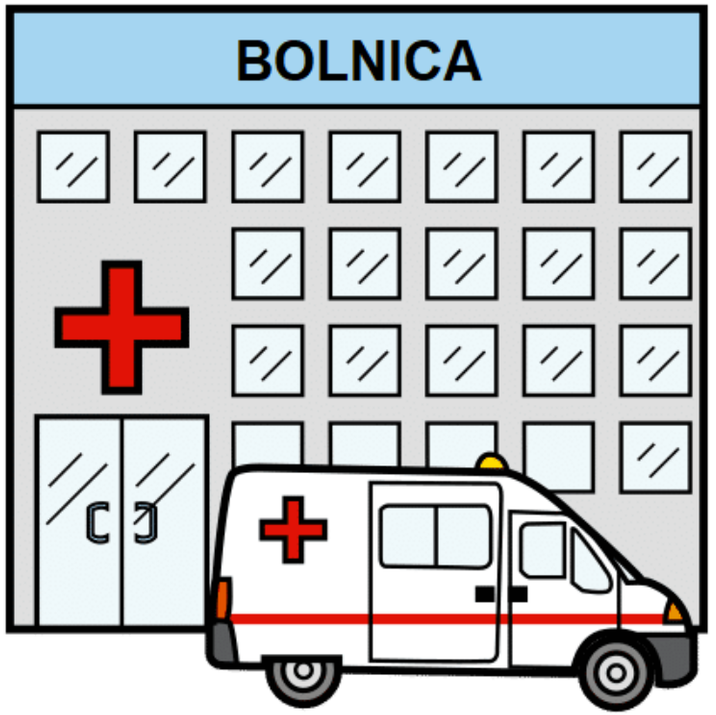


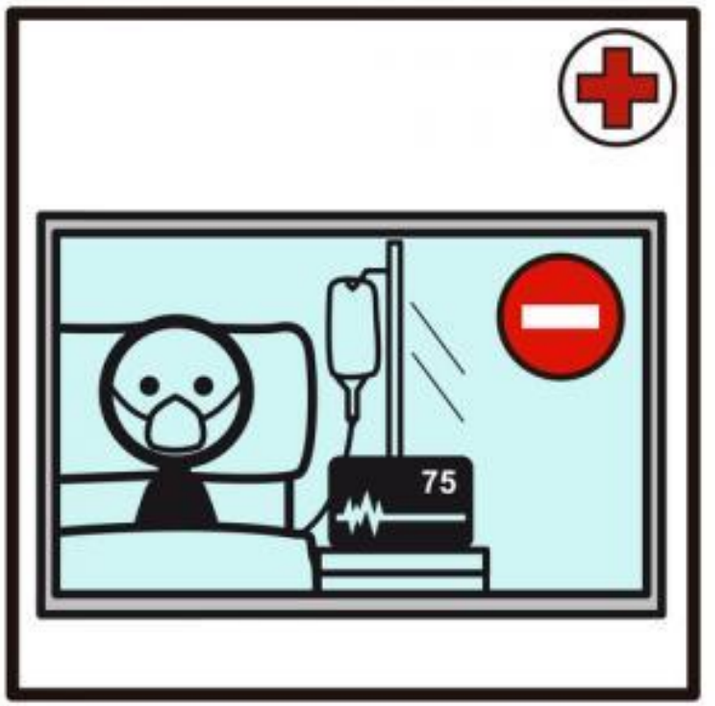
# IMAM VISOKU TEMPERATURU, BOLI ME GRLO, KAŠLJEM I TEŠKO DIŠEM.





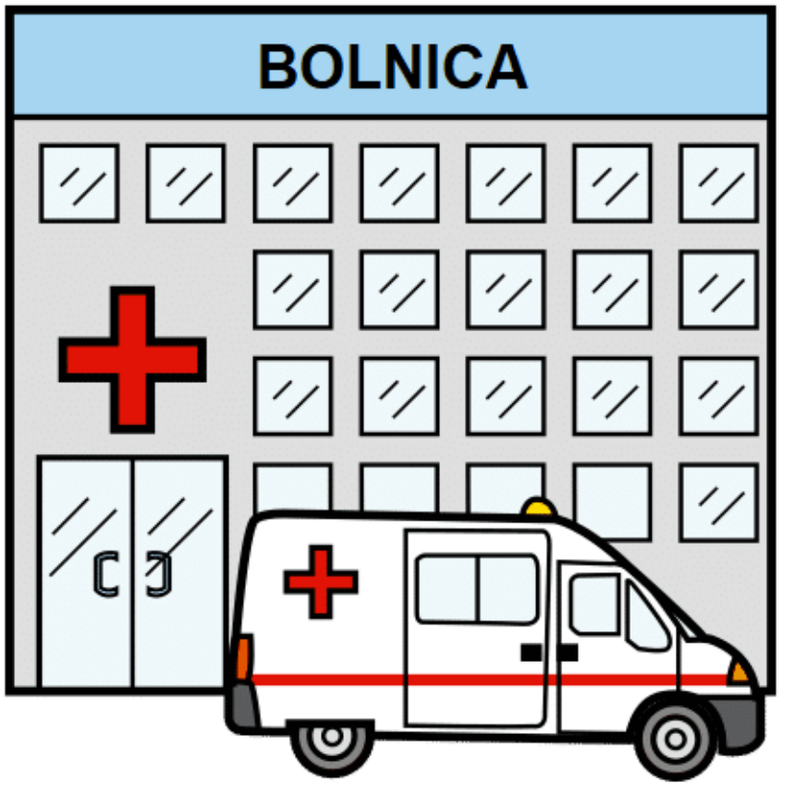
# MOŽDA ĆU TREBATI IĆI U BOLNICU.

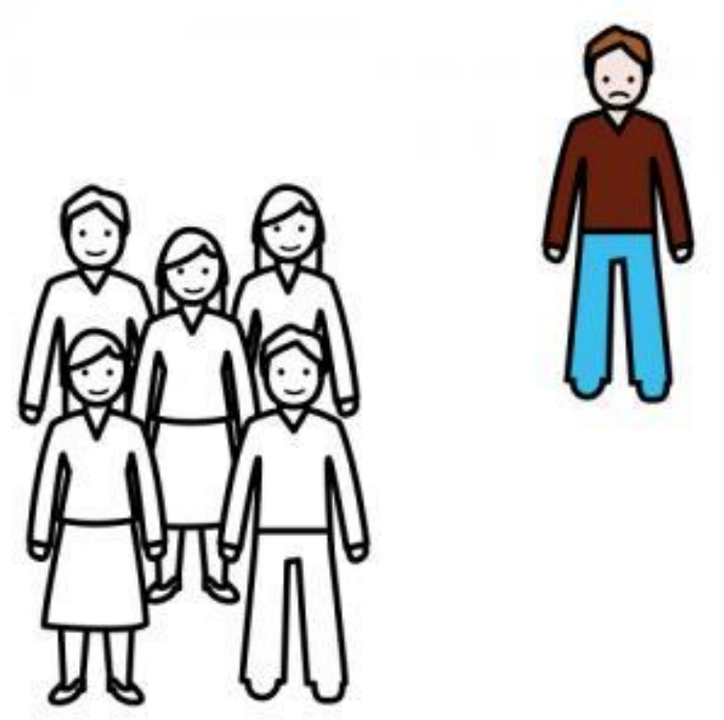


# TAMO ĆE MI DOKTORI POMOĆI DA OZDRAVIM.

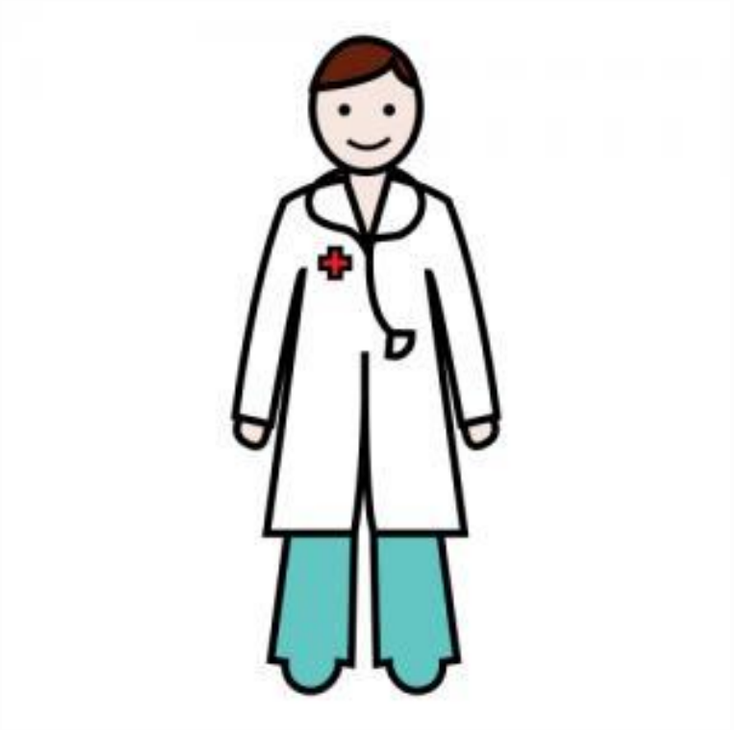
# AKO OSTANEM U BOLNICI, NE TREBAM SE BRINUTI. NEĆU BITI SAM.



# MOŽDA NEĆU MOĆI VIDJETI MAMU I TATU.

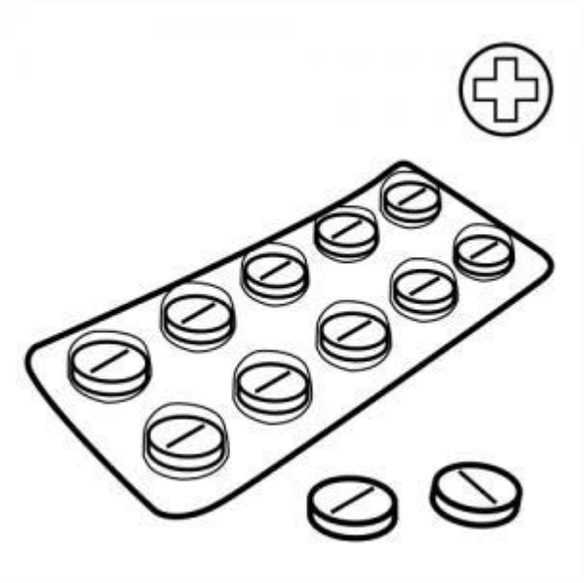
# ALI ĆE DOKTORI I MEDICINSKE SESTRE BRINUTI O MENI.



# KAD OZDRAVIM, VRATIT ĆU SE KUĆI.

# TADA ĆE SVE OPET BITI U REDU.

# MOJ LIJEK



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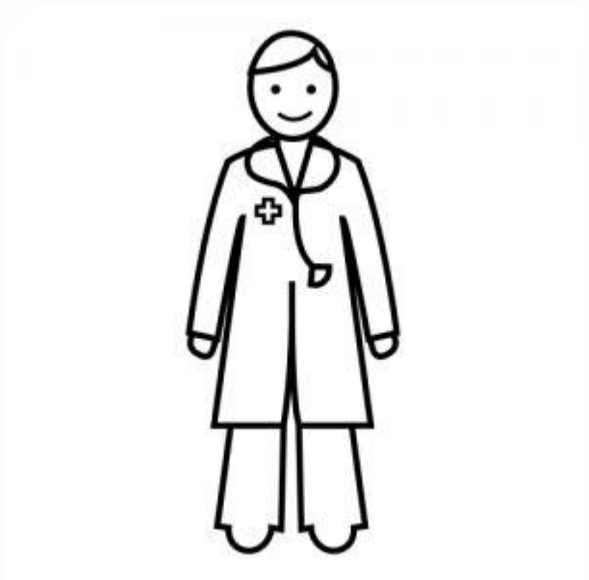
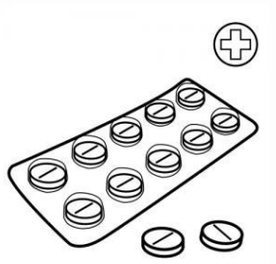
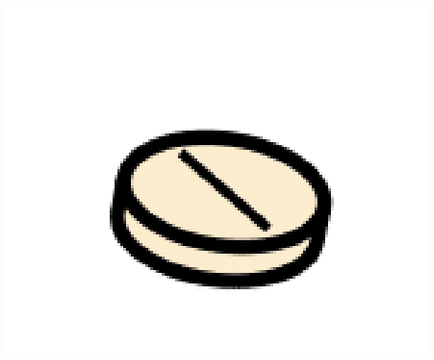
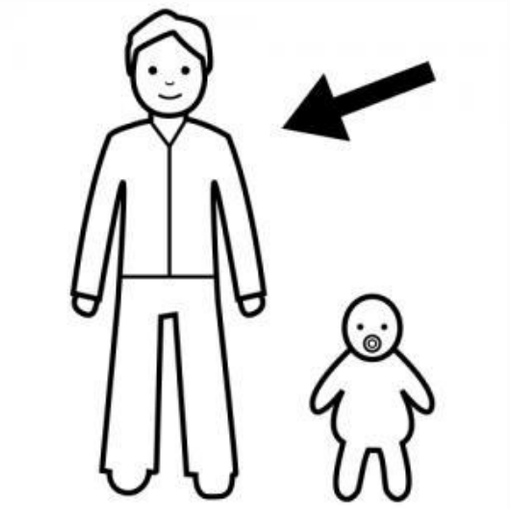


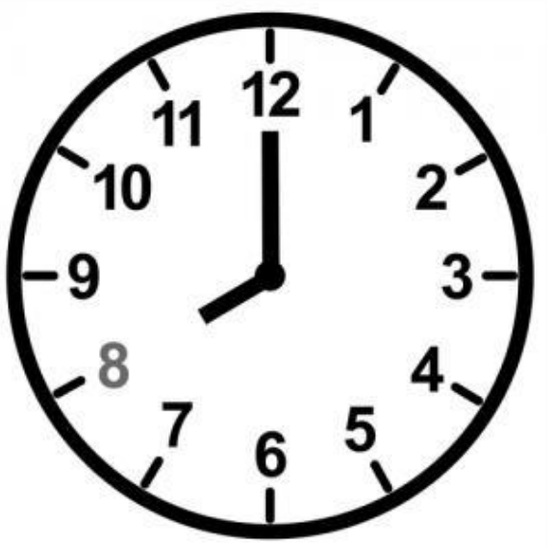


**LIJEČNIK MI JE DAO LIJEK KOJEG TREBAM UZIMATI DULJE VRIJEME.**



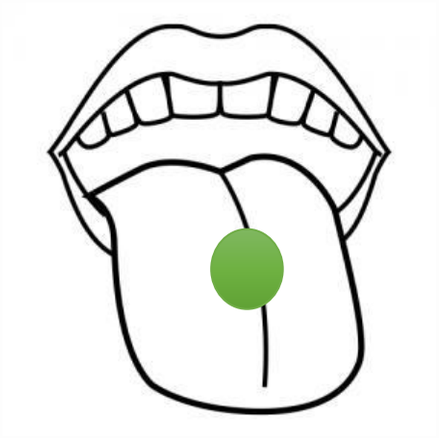
**MOJ LIJEK JE MALA OKRUGLA TABLETA.**

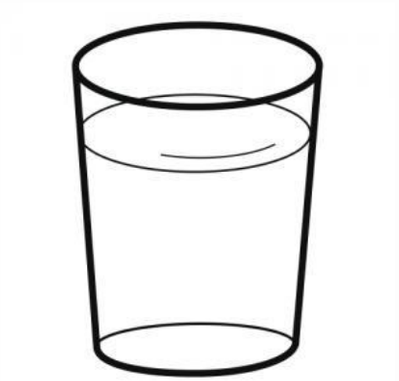


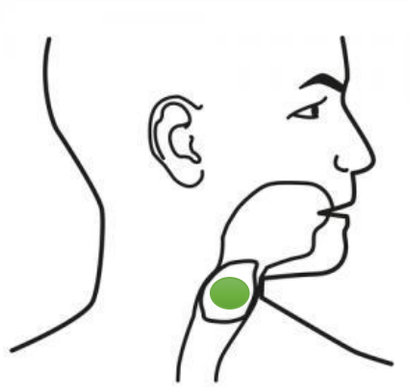



| P | U | S | Č | P | S | N |
|---|---|---|---|---|---|---|

**ODRASLA OSOBA ĆE MI DATI LIJEK SVAKI DAN U ISTO VRIJEME.**



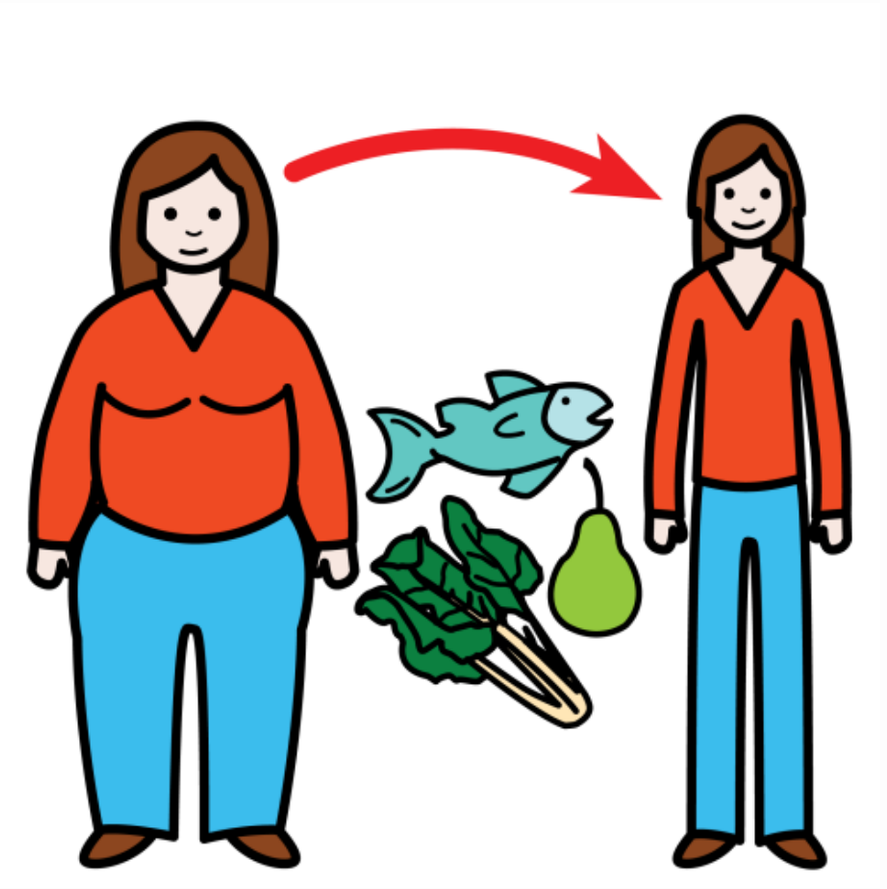




**TABLETU ĆU PRVO STAVITI NA JEZIK,**
**POPITI MALO VODE I PROGUTATI.**
**TO JE DOBRO NAPRAVITI.**

**AKO PIJEM TABLETE SVAKI DAN BIT ĆU DOBRO.**

# DIJETA



2019-1-RS01-KA201-000835

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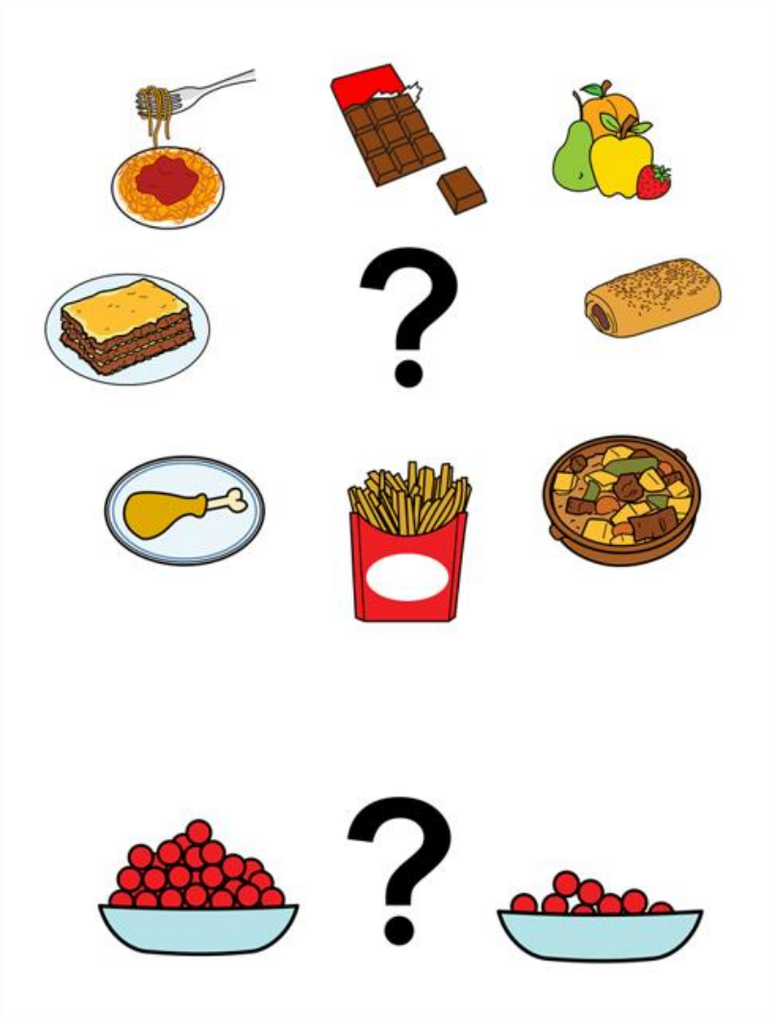
**NEKI LJUDI TREBAJU BITI NA DIJETI, ZBOG DEBLJINE ILI BOLESTI.**

**I JA SAM NA DIJETI ZBOG**

_____.

(upisati razlog)

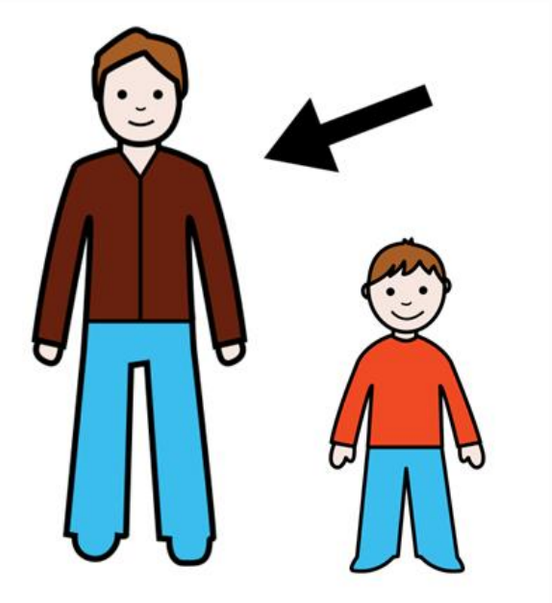


**KAD SAM NA DIJETI TREBAM PAZITI**

**ŠTO JEDEM**

**I**

**KOLIKO JEDEM.**

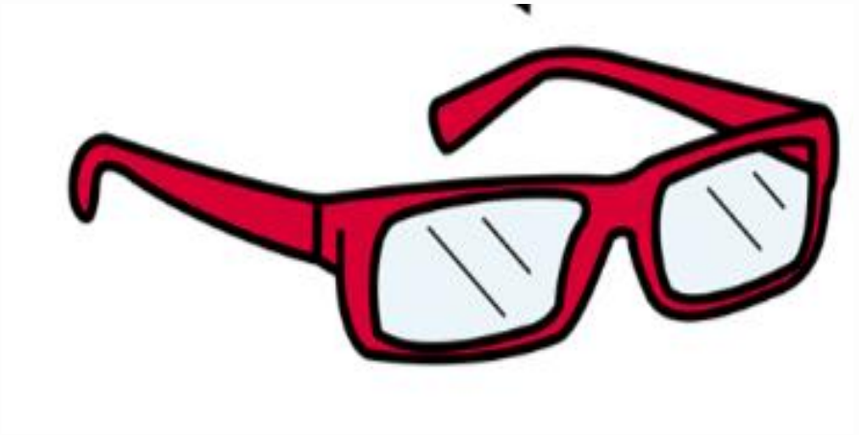


**ODRASLI ĆE MI REĆI ŠTO I KOLIKO TREBAM JESTI.**

**ONI ZNAJU ŠTO JE ZA MENE DOBRO.**

**NAKON DIJETE OSJEĆAT ĆU SE DOBRO I BITI ĆU ZDRAV.**

# NOSIT ĆU NAOČALE



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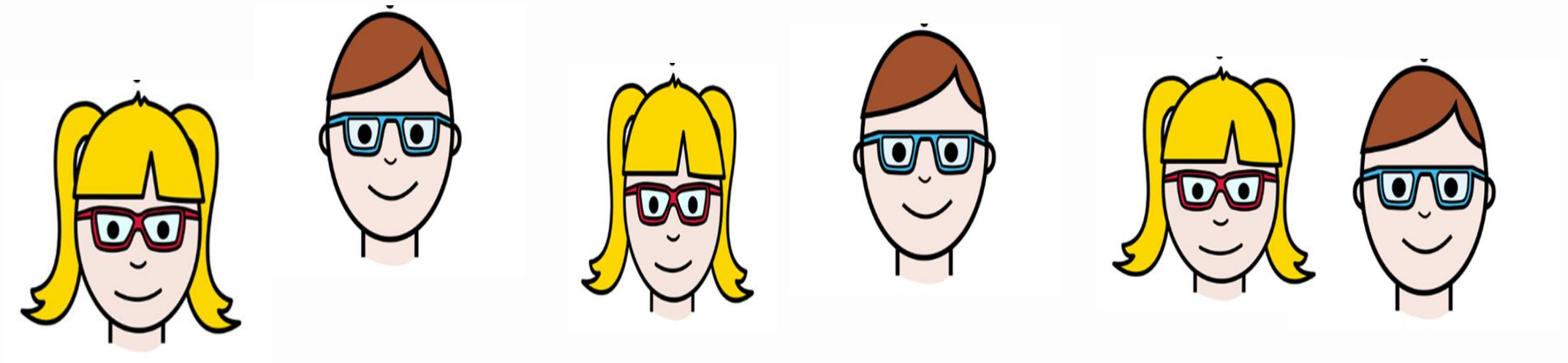
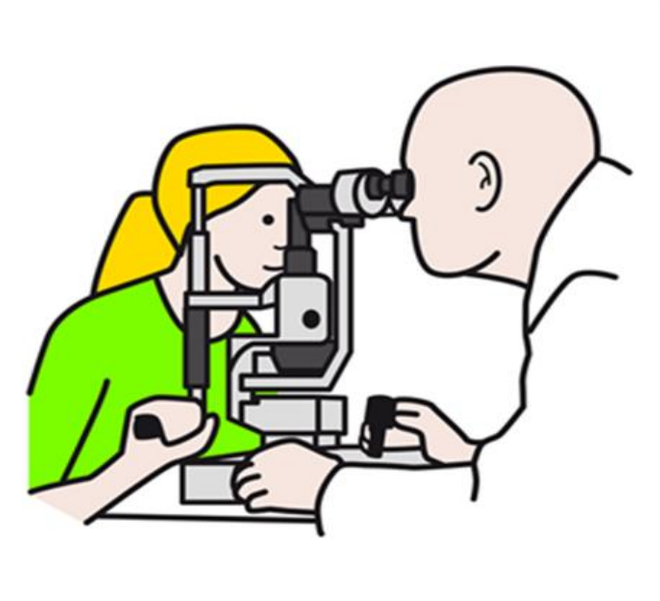
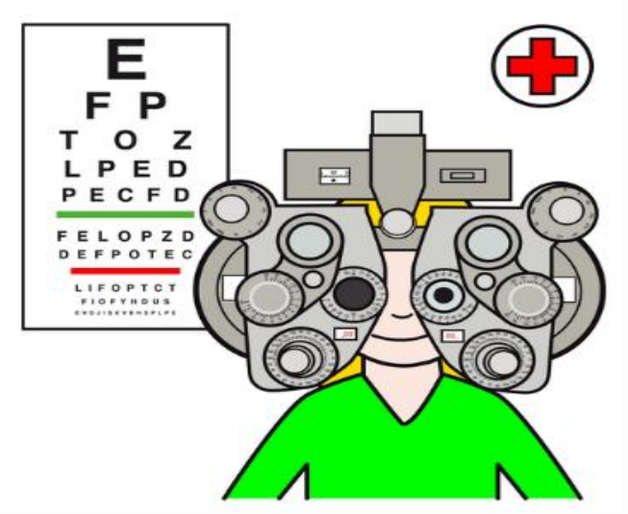
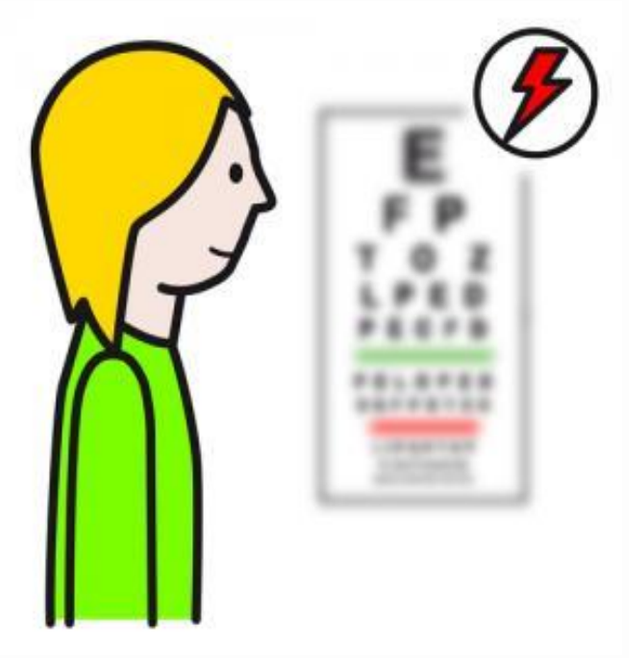


**NEKI LJUDI  NOSE NAOČALE.**



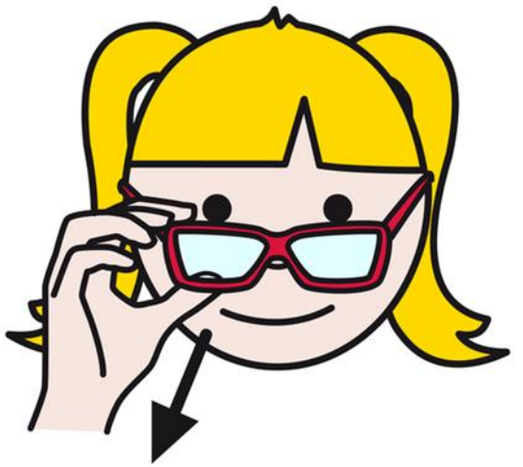


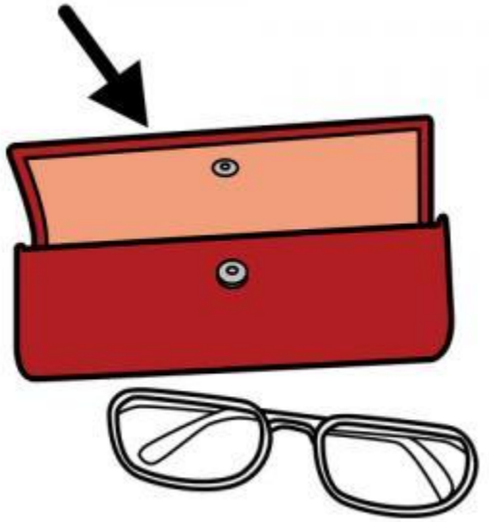

**LIJEČNIK JE REKAO DA I JA TREBAM NOSITI NAOČALE.**



**KADA NE NOSIM NAOČALE, SVE IZGLEDA MUTNO.**

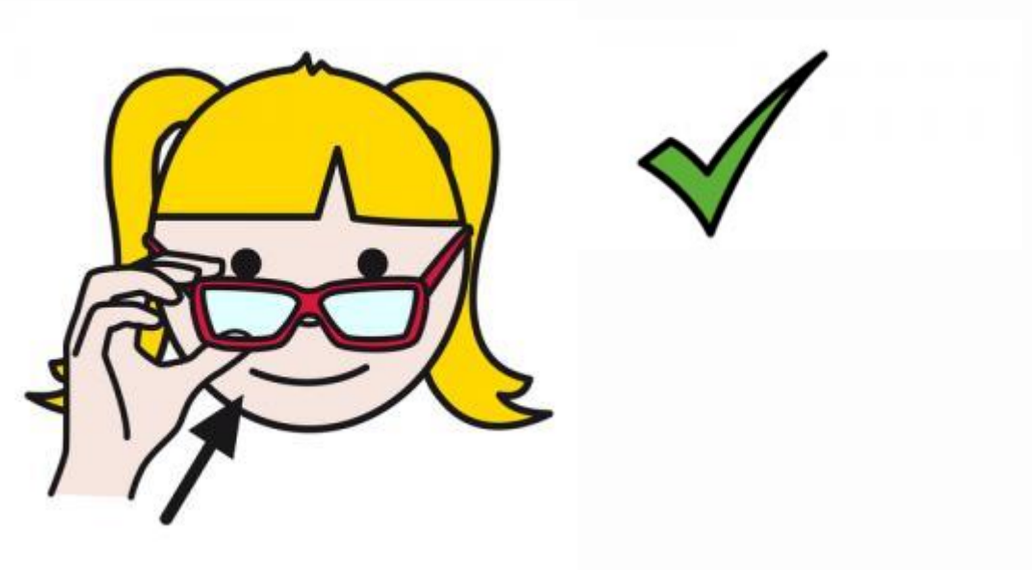
**NOSIT ĆU NAOČALE KOD KUĆE I U ŠKOLI.**





**TRUDIT ĆU SE PAŽLJIVO STAVLJATI, SKIDATI I SPREMATI NAOČALE.**

**POSTOJE AKTIVNOSTI KADA NE TREBAM NOSITI NAOČALE, POPUT SPAVANJA.**



**KADA NOSIM NAOČALE BOLJE VIDIM.**

**DOBRO JE NOSITI NAOČALE.**

# MJERENJE TLAKA

2019-1-RS01-KA201-000835

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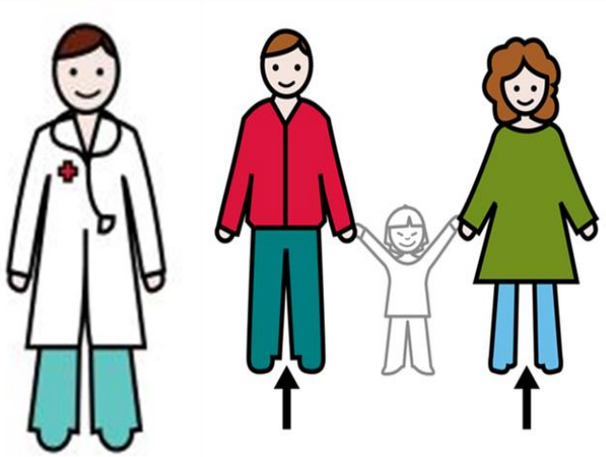
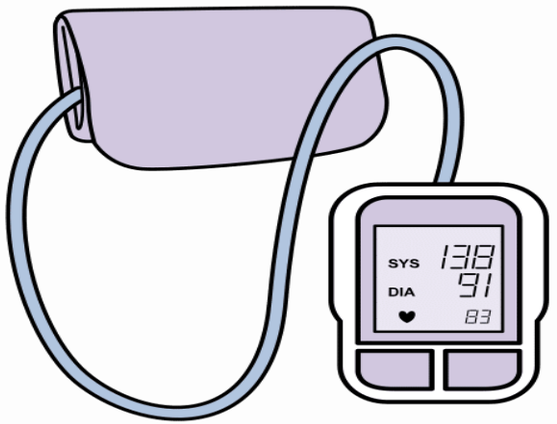
**PONEKAD TREBAM MJERITI TLAK.**



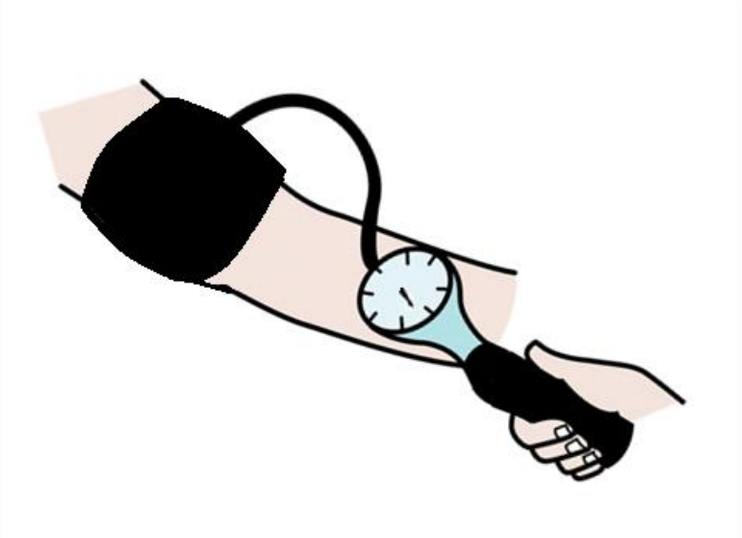
**TLAK MI MOŽE IZMJERITI LIJEČNIK ILI RODITELJI ILI _____.**

**(upisati tko)**




**TLAK SE MJERI TLAKOMJEROM.**

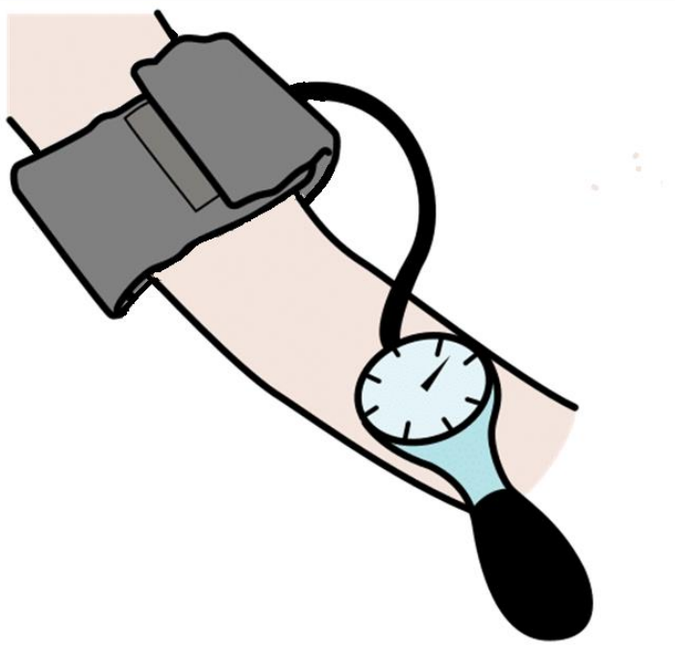
**BROJEVI NA TLAKOMJERU POKAZUJU KOLIKI JE MOJ TLAK.**



**MANŠETA SE STAVLJA OKO RUKE.**

**ZATIM JU TREBA NAPUMPATI**

**TAKO DA STISNE RUKU.**



**MJERENJE JE GOTOVO KADA SE MANŠETA OTPUSTI.**

**DOBRO JE MJERITI TLAK**
**I ZNATI KOLIKI JE.**

# ODLAZAK NA SNIMANJE GLAVE (EEG)

2019-1-RS01-KA201-000835

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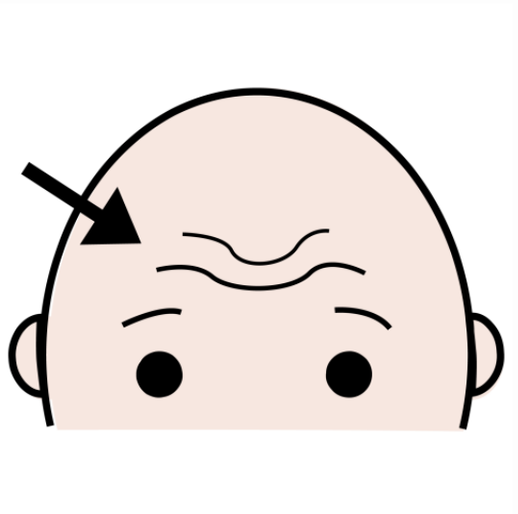
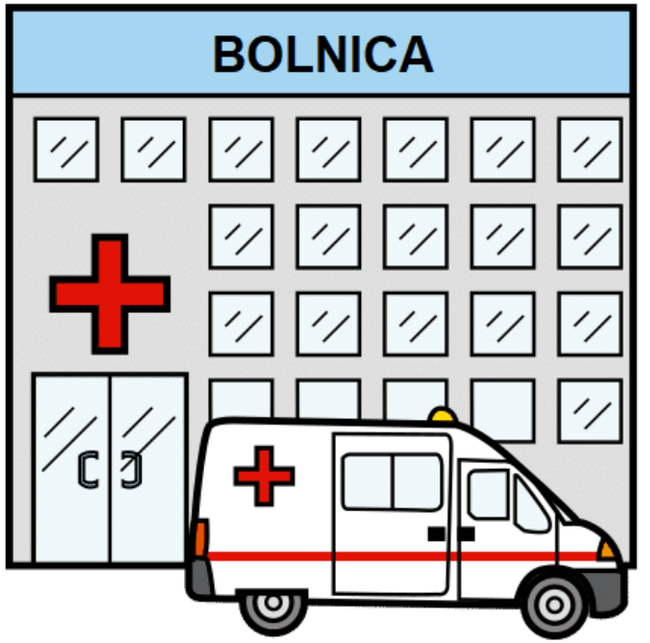
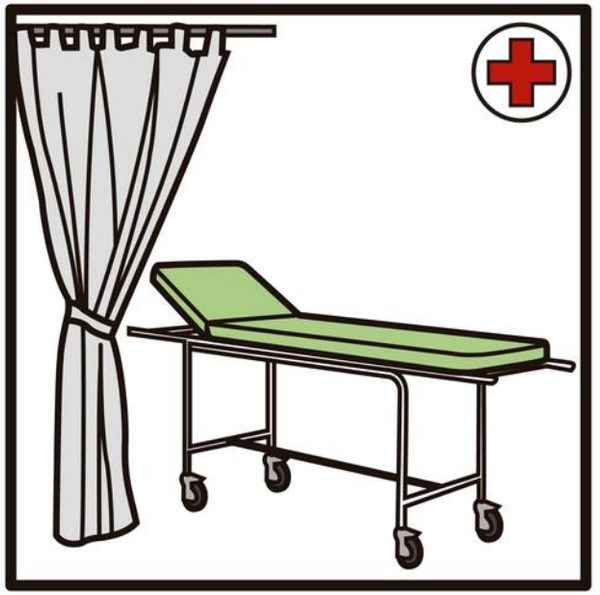
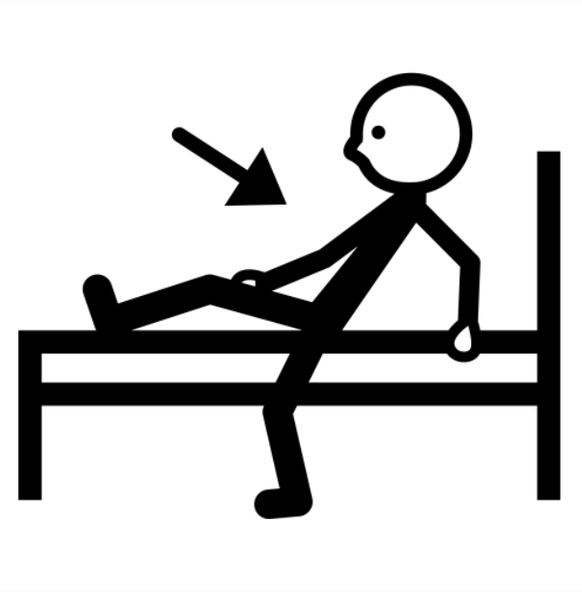




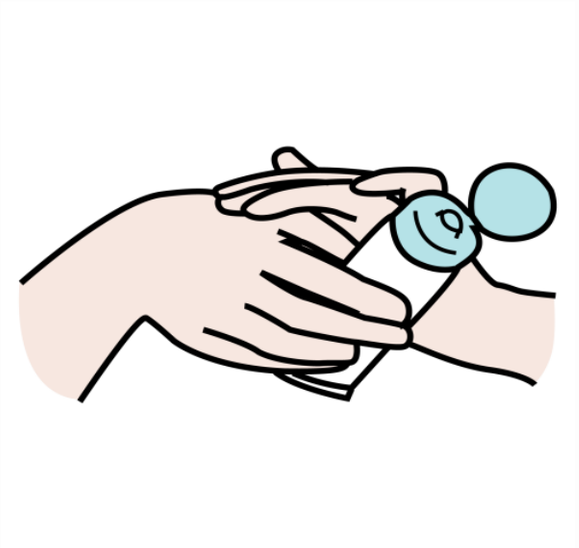

**USKORO IDEM NA PREGLED GLAVE U BOLNICU.**

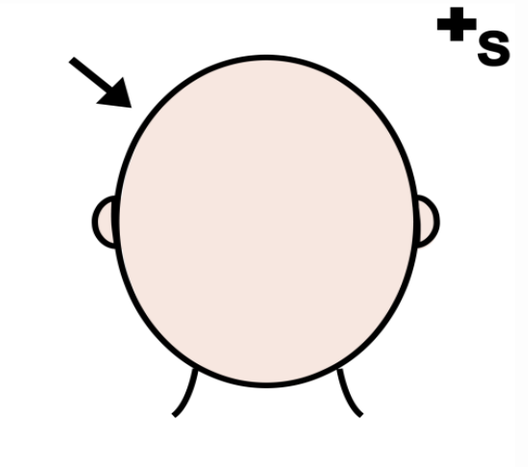




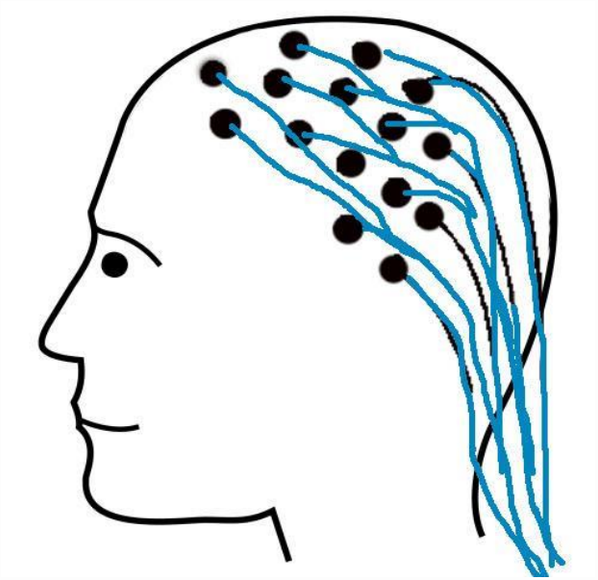
**KAD UĐEM U SOBU ZA SNIMANJE, SESTRA ĆE MI POKAZATI DUGE ŽICE I APARAT.**

**NAKON TOGA ĆU LEĆI.**

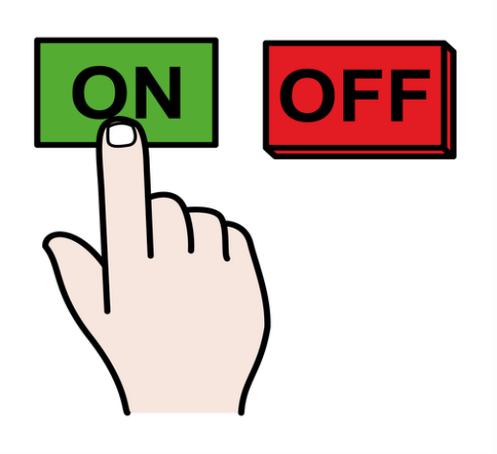


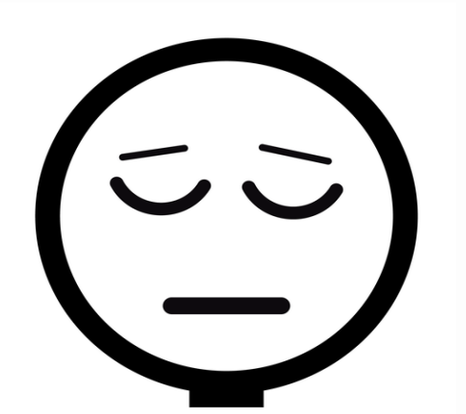



**SESTRA ĆE PO MOJOJ GLAVI NAMAZATI GEL.**
**GEL JE HLADAN NO TRUDIT ĆU SE OSTATI MIRAN.**



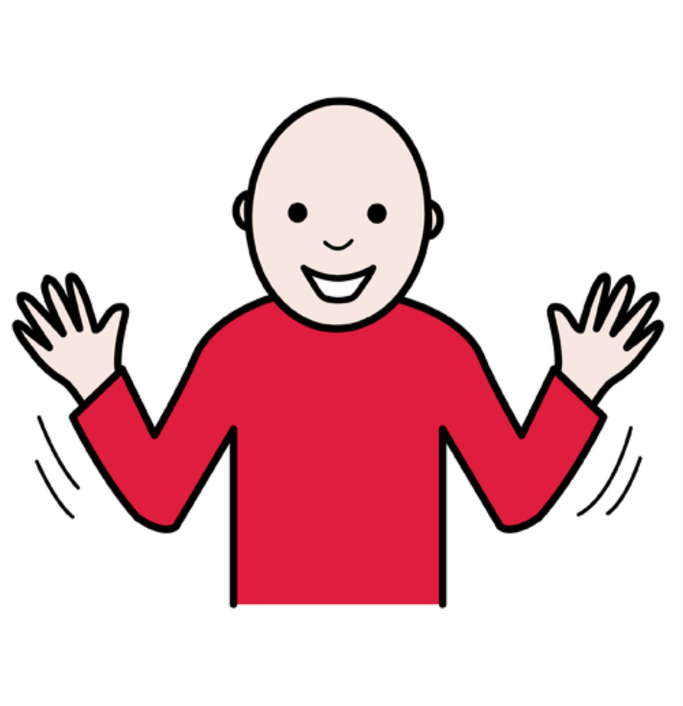
**POTOM ĆE NA GLAVU ZALIJEPITI FLASTERE SA ŽICAMA.**
**DOK IMAM NA GLAVI FLASTERE TO ME NEĆE BOLJETI.**





**NAKON TOGA ĆE SESTRA PALITI I GASITI TREPTAJUĆE SVJETLO!**

**POKUŠAT ĆU OSTATI TIH I MIRAN I SLUŠATI ŠTO MI SESTRA KAŽE.**



**PREGLED JE GOTOV.**

**SVE JE DOBRO PROŠLO.**

# ODLAZAK ZUBARU

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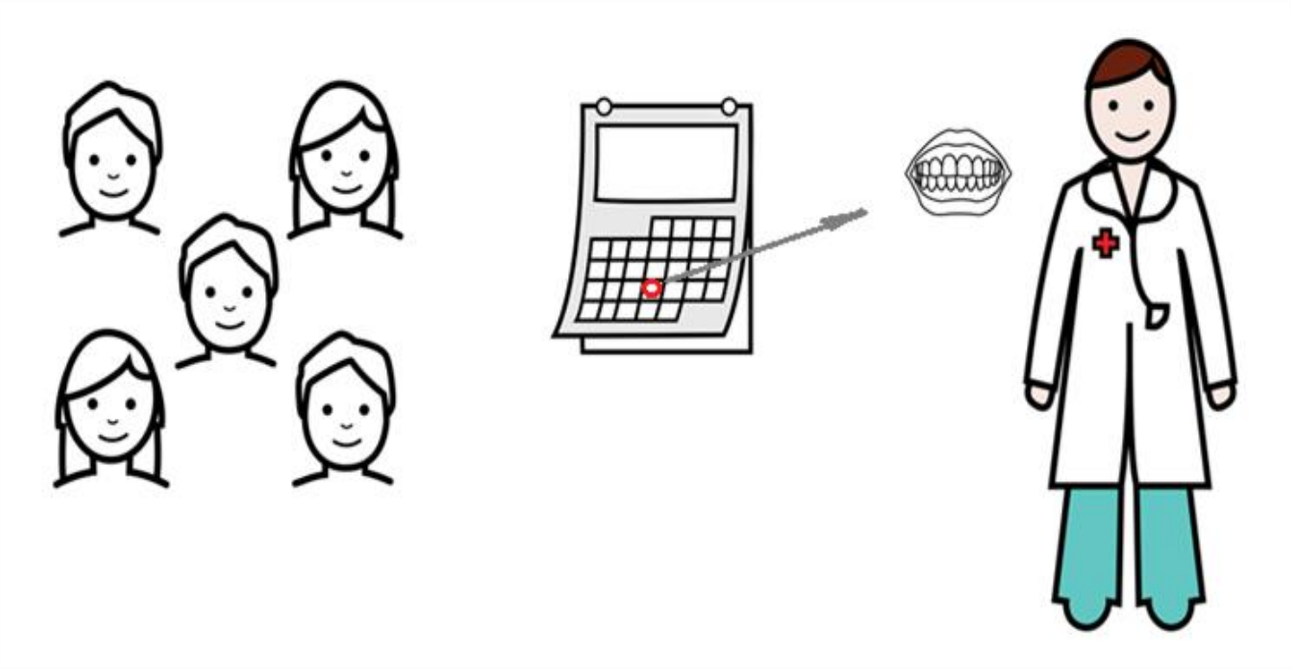
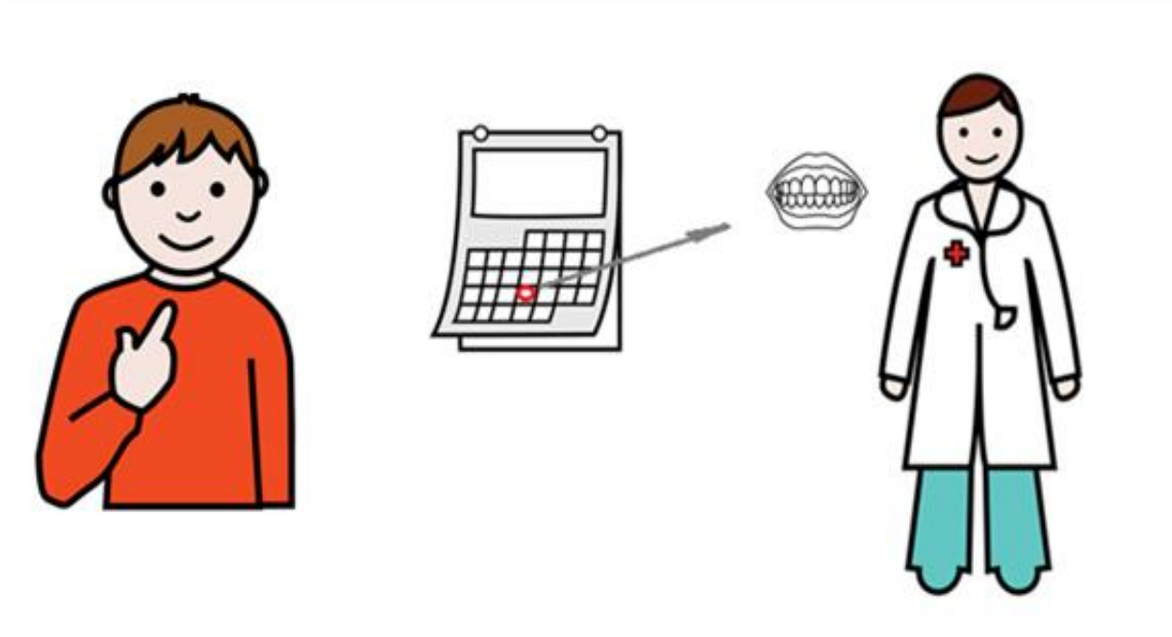


**SVI PONEKAD IDU ZUBARU.**

**TO JE DOBRO, ZUBAR PREGLEDAVA I LIJEČI ZUBE.**



**POTRUDIT ĆU SE REDOVITO IĆI ZUBARU.**

**ZUBAR IMA VELIKI ZUBARSKI STOLAC I PRIBOR. KADA SJEDNEM NA STOLAC, OTVORIT ĆU USTA.**

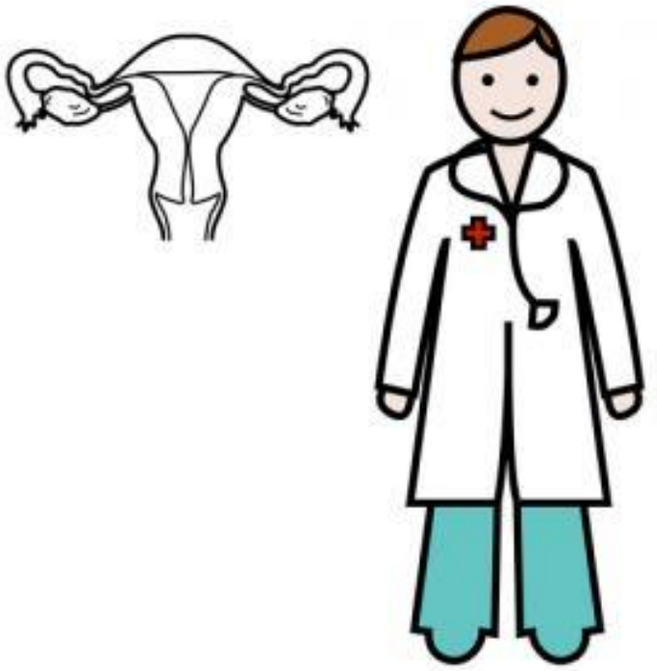
**ZUBAR ĆE MI PREGLEDATI ZUBE.**

**POKUŠAT ĆU OSTATI MIRAN I USTA DRŽATI OTVORENA.**

**KAD PREGLED ZAVRŠI, ZUBAR ĆE REĆI »GOTOVO«.**

**DOBRO JE IĆI ZUBARU.**

# ODLAZAK GINEKOLOGU



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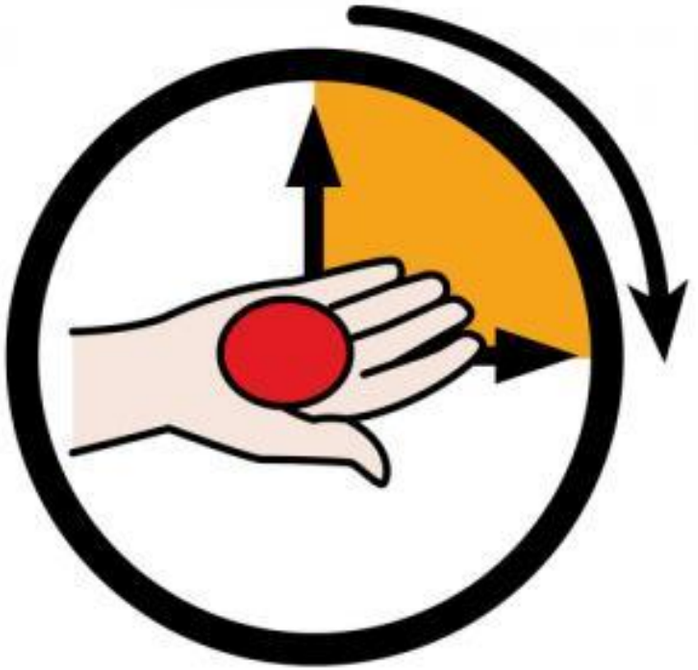
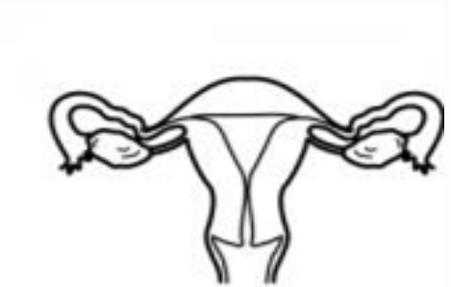
# VRIJEME JE ZA ODLAZAK GINEKOLOGU.



# GINEKOLOG JE LIJEČNIK ZA INTIMNE DIJELOVE TIJELA ILI KADA ŽENA ČEKA BEBU.

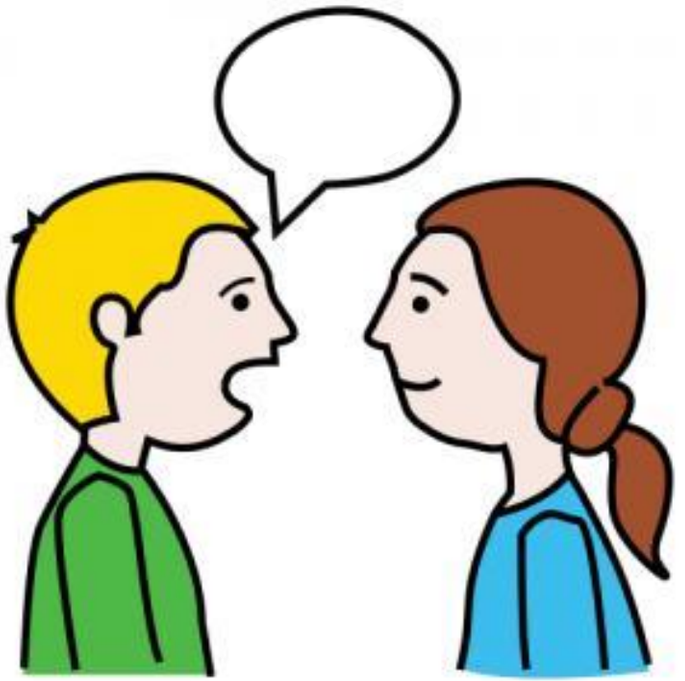


**NE TREBAM SE BOJATI ODLASKA GINEKOLOGU.**
**ON JE TU DA MI POMOGNE.**

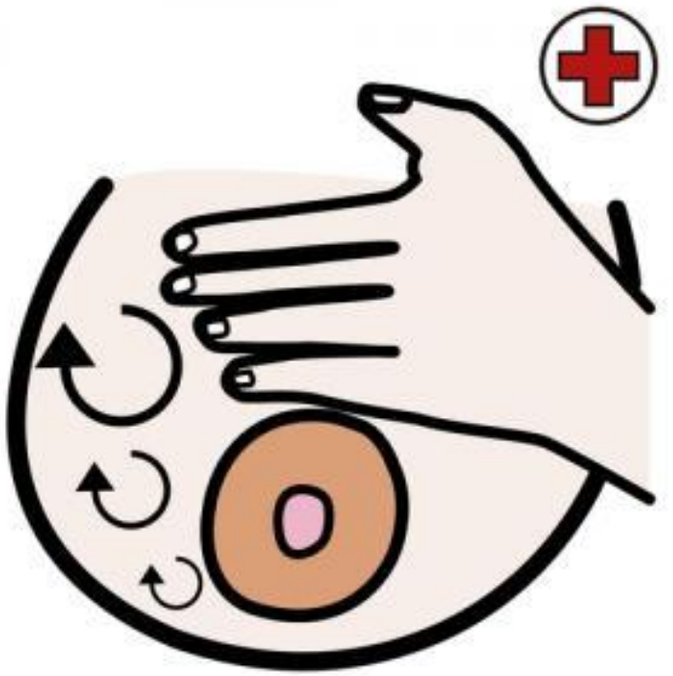
**NAJPRIJE ĆU PRIČEKATI U ČEKAONICI.**
**POKUŠAT ĆU BITI STRPLJIVA.**

**NAKON TOGA ĆE ME MEDICINSKA SESTRA POZVATI KOD DOKTORA.**

# GINEKOLOG ĆE ME PITATI PITANJA O MOM INTIMNOM ZDRAVLJU.

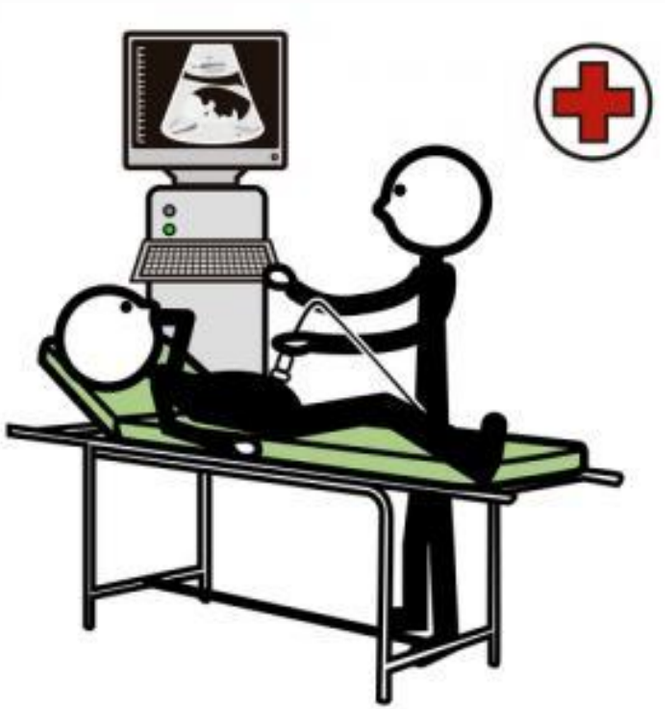


**NAKON TOGA ĆE PREGLEDATI MOJE GRUDI.**

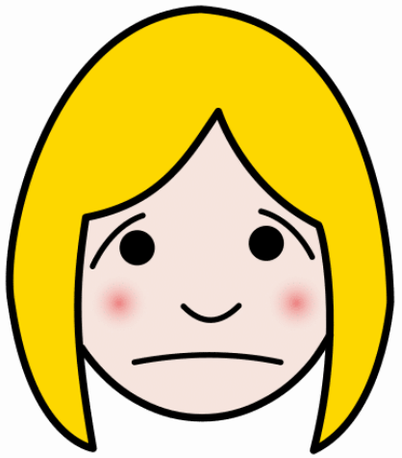


# GINEKOLOG ĆE PREGLEDATI I INTIMNE DIJELOVE MOGA TIJELA.

**GINEKOLOG ĆE MI NAPRAVITI ULTRAZVUK.**
**TAKO ĆE ZNATI JESAM LI ZDRAVA.**



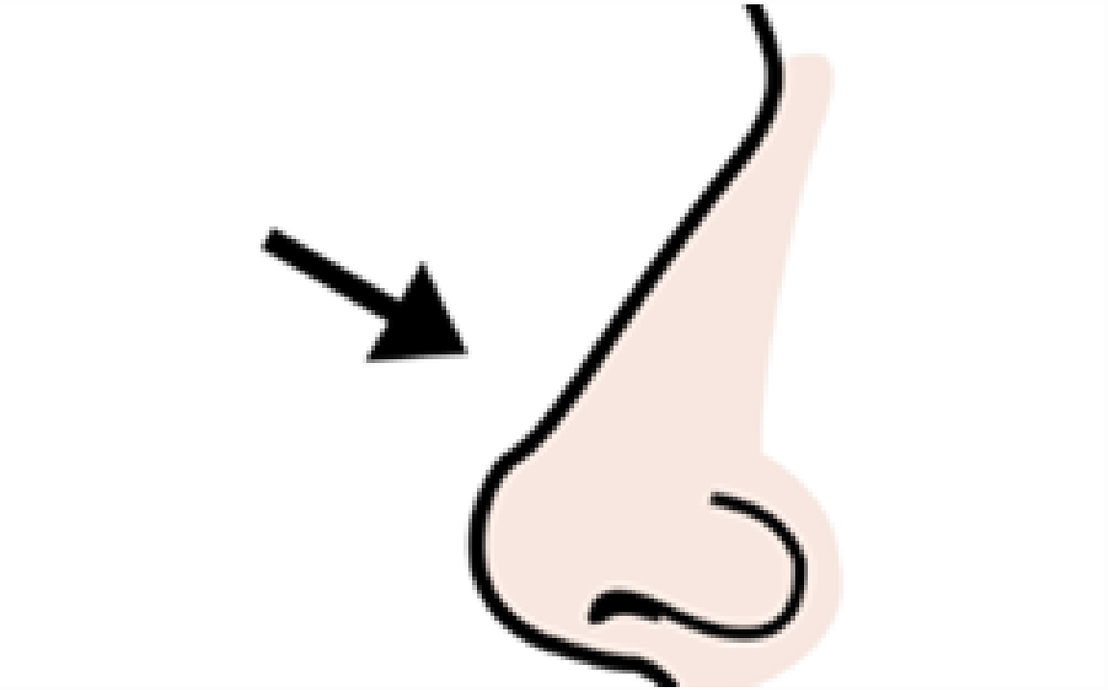
**MOŽDA ĆE MI BITI NEUGODNO, ALI TO JE U REDU. BRZO ĆE PROĆI.**



# SVE DJEVOJKE I ŽENE TREBAJU REDOVITO OBAVLJATI GINEKOLOŠKE PREGLEDE.

**U REDU JE PITATI MAMU ILI UČITELJICU O POSJETI GINEKOLOGU. ONE ME VOLE I RAZUMJET ĆE.**

# UZIMANJE BRISA IZ NOSA



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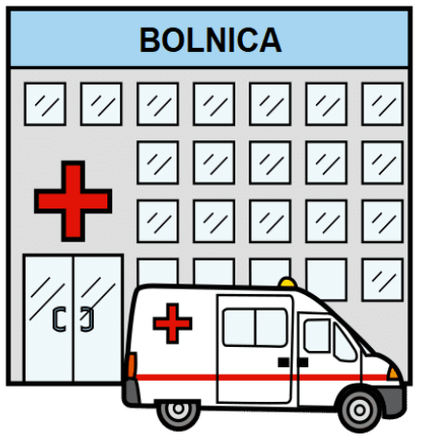
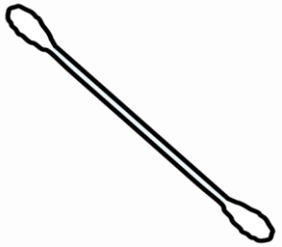
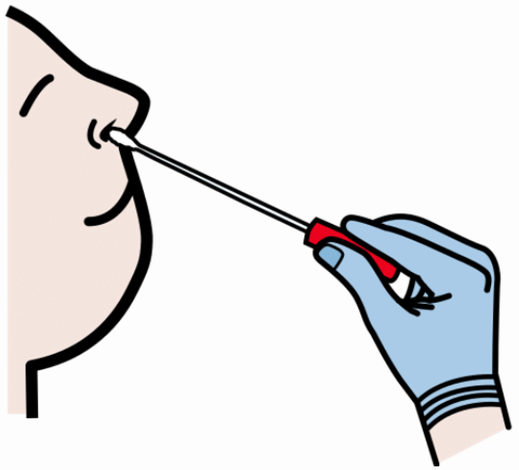
I JA PONEKAD TREBAM IĆI NA BRIS NOSA.



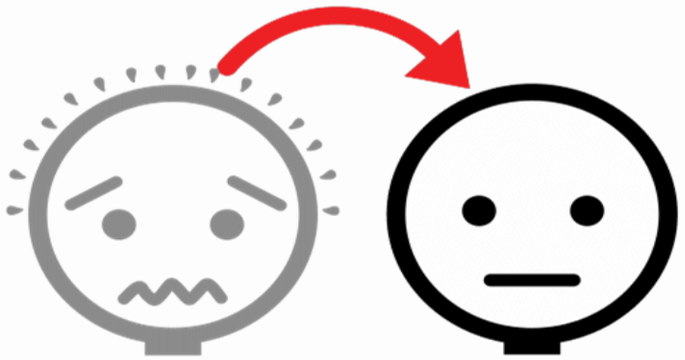

BRIS UZIMA LIJEČNIK U BOLNICI.



**BRIS SE UZIMA ŠTAPIĆEM KOJI NA VRHU IMA VATU.**



**LIJEČNIK ĆE STAVITI ŠTAPIĆ U JEDNU PA U DRUGU NOSNICU.**



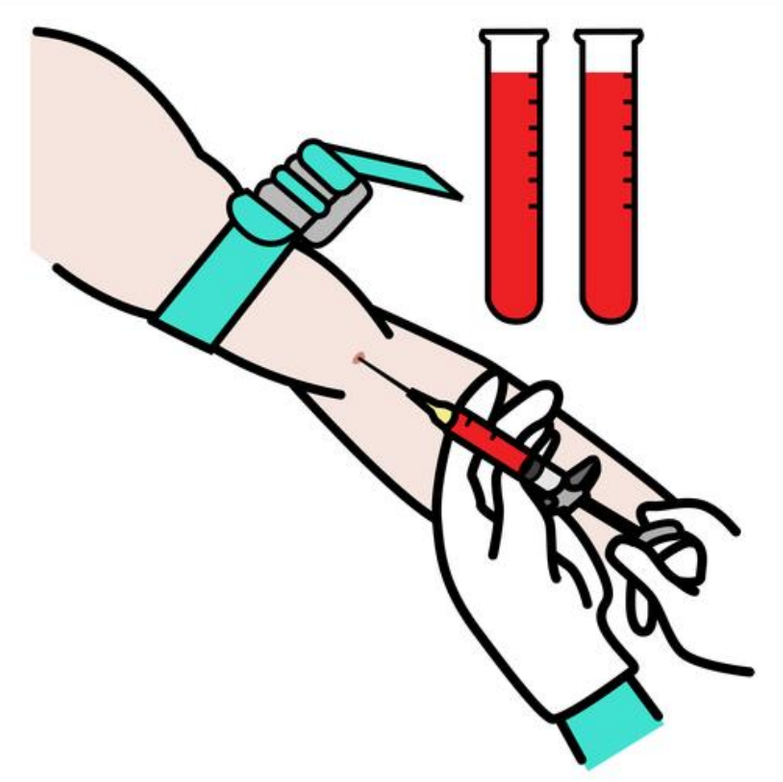
MOŽDA ĆU OSJETITI MALU NELAGODU.

POKUŠAT ĆU OSTATI MIRAN.

**PREGLED JE BRZO GOTOV.**

**SVE JE DOBRO PROŠLO.**

# VAĐENJE KRVI



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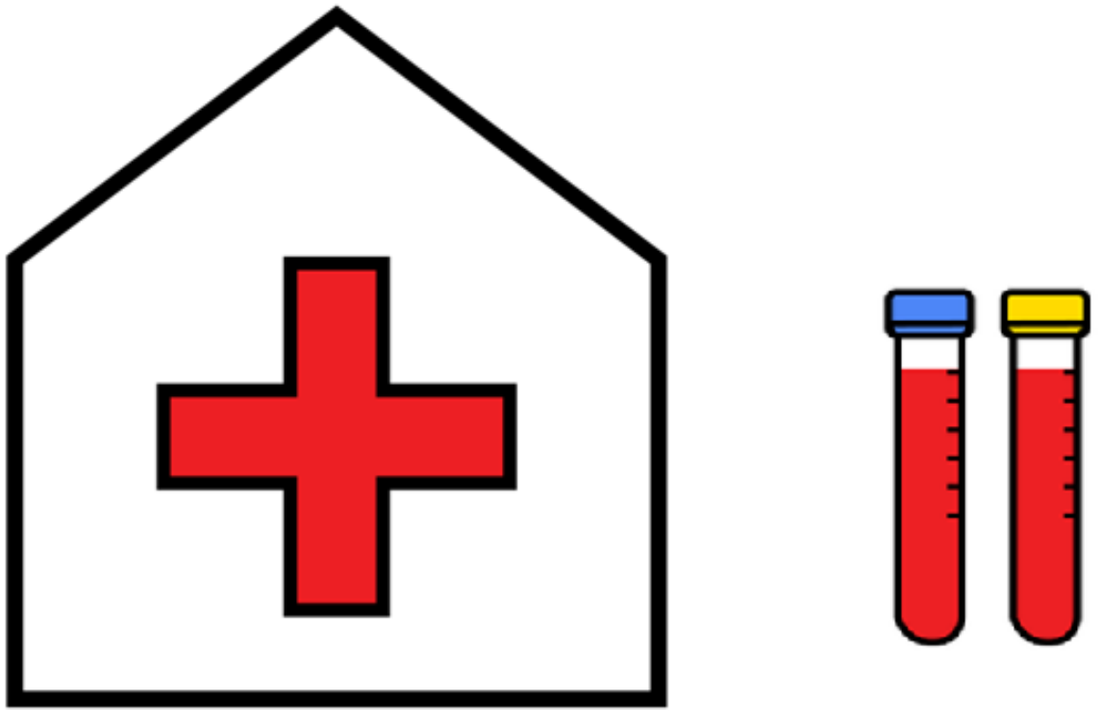
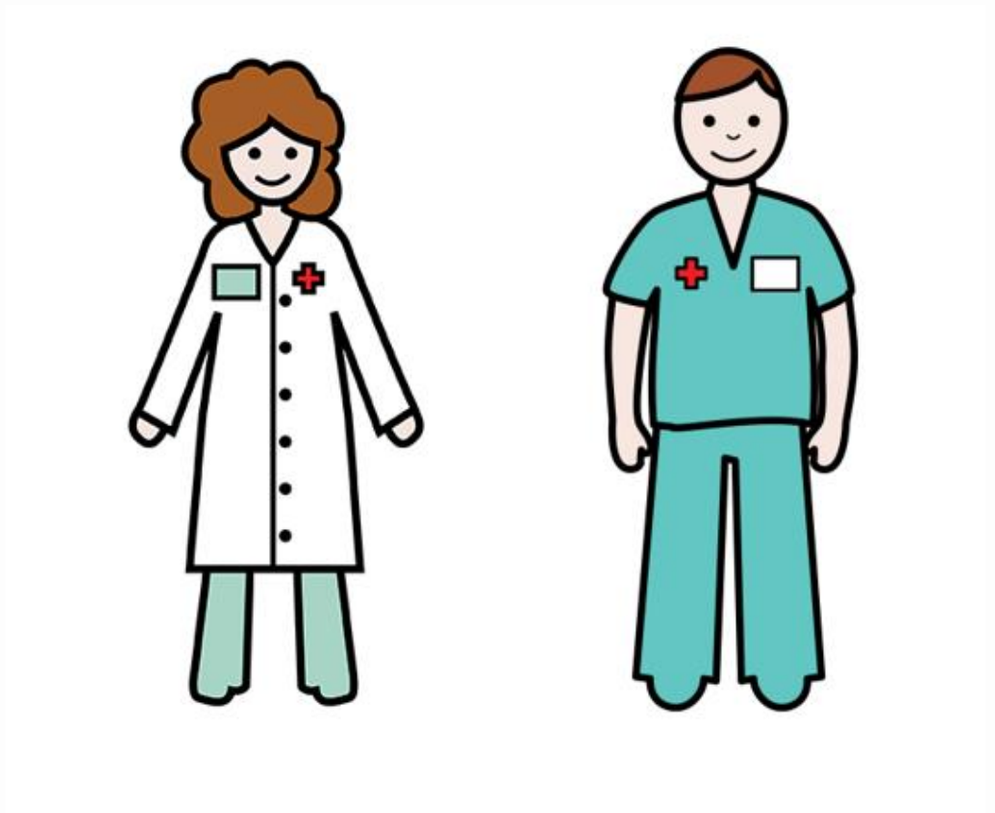
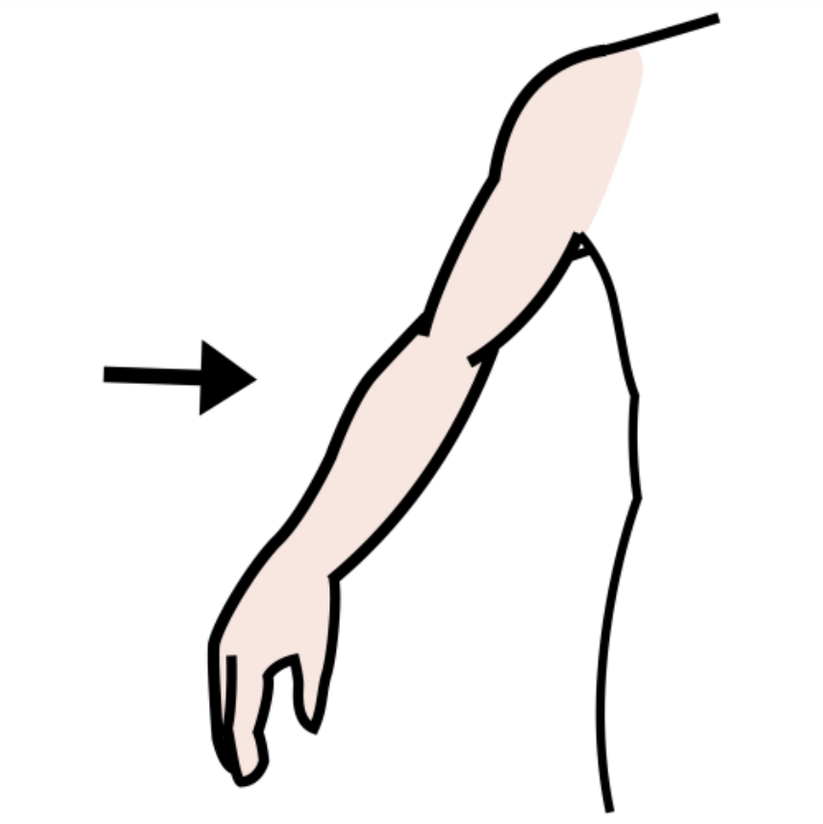


**SVI PONEKAD VADIMO KRV.**

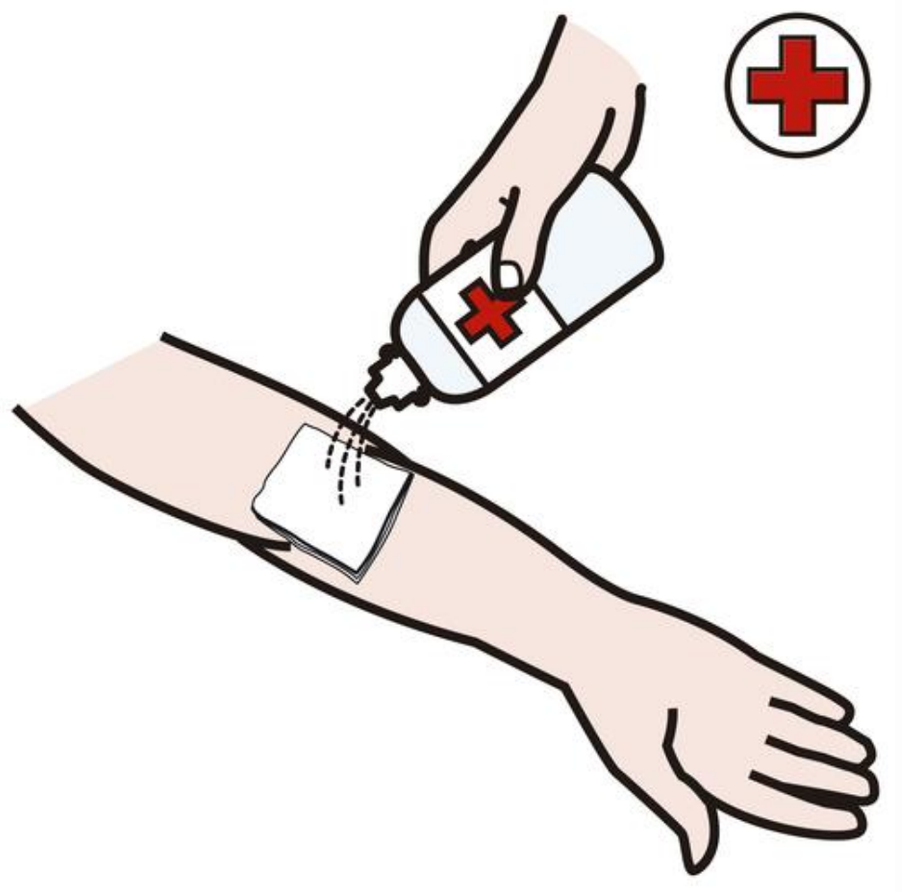
**KRV VADIMO U DOMU ZDRAVLJA ILI BOLNICI.**



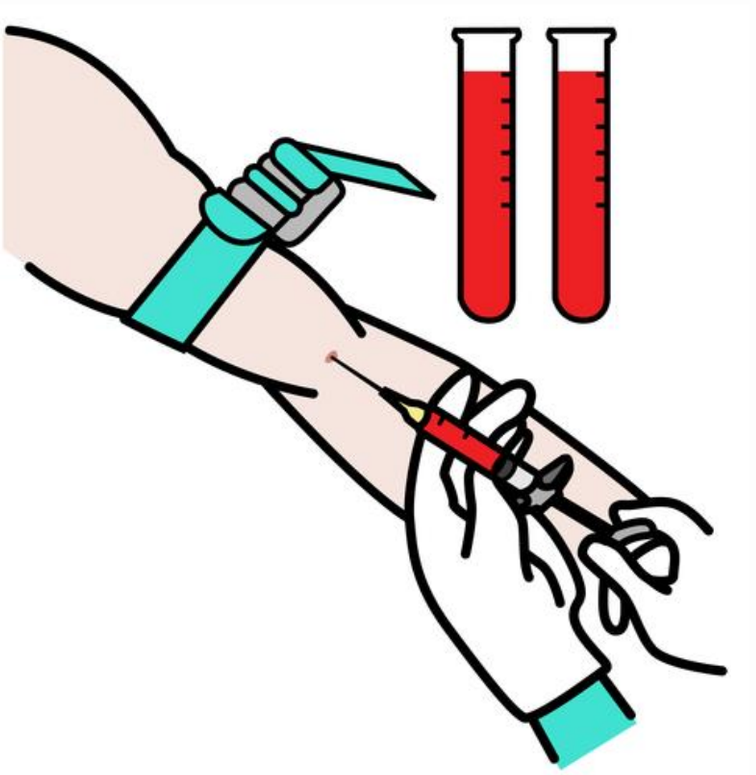
**KRV NAJČEŠĆE VADE MEDICINSKE SESTRE.**



**KRV SE VADI IZ NADLAKTICE.**



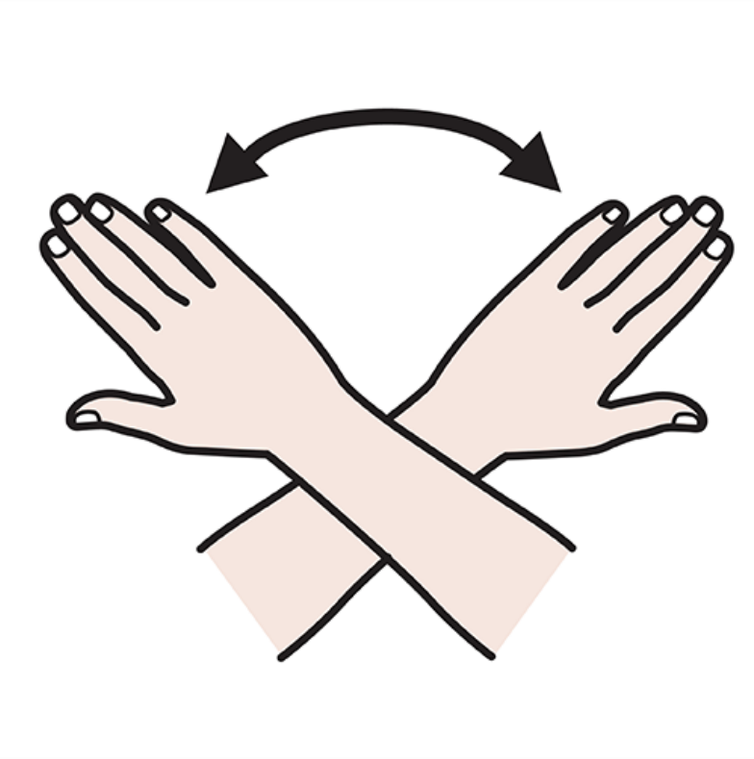
**MJESTO VAĐENJA KRVI OČISTIT ĆE ALKOHOLOM.**



**MEDICINSKA SESTRA ĆE MI IGLOM BOCNUTI KOŽU**

**I IZVADITI KRV.**

**KAD JE GOTOVO STAVIT ĆE MI VATICU NA MJESTO UBODA.**



**VAĐENJE KRVI JE GOTOVO.**

# VAĐENJE ZUBA

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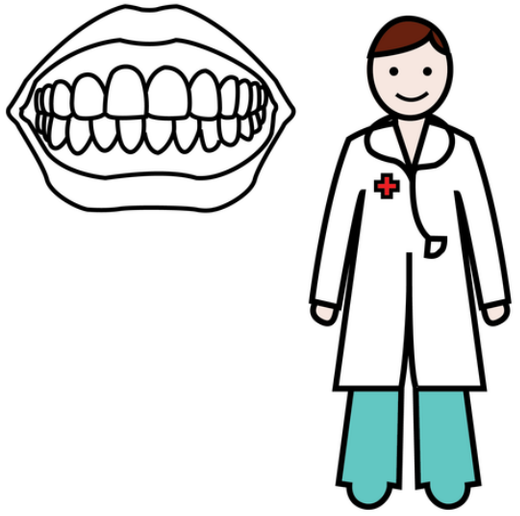
PONEKAD ME MOŽE BOLJETI ZUB.



TADA TREBAM IĆI ZUBARU.

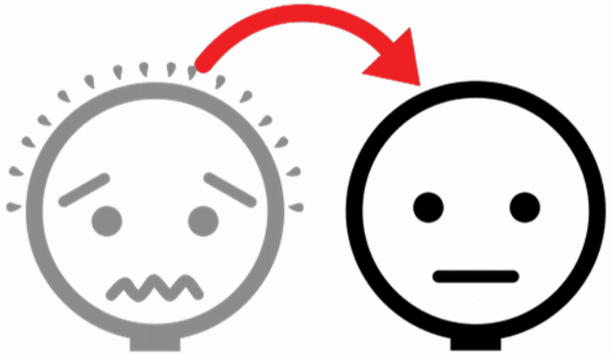
KOD ZUBARA ĆU SJESTI NA ZUBARSKI STOLAC.

OTVORIT ĆU USTA.

**ZUBAR ĆE PREGLEDATI MOJE ZUBE I VIDJETI KOJI ZUB TREBA IZVADITI.**

**ZUBAR IMA POSEBAN ALAT**

**ZA VAĐENJE ZUBA.**



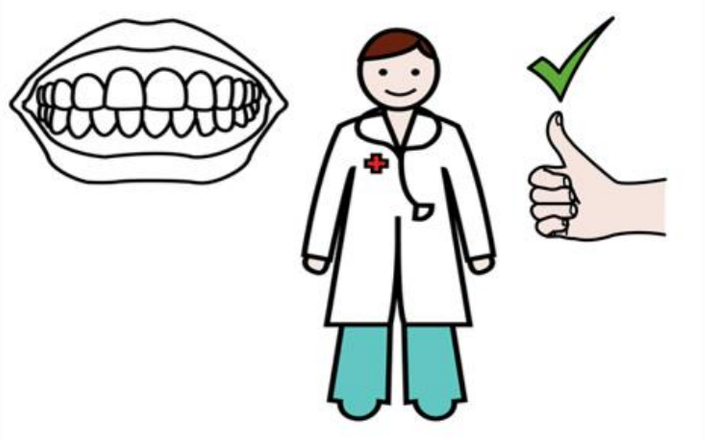
**TRUDIT ĆU SE OSTATI MIRAN**

**DOK ZUBAR VADI MOJ ZUB.**

MOŽDA ĆU OSJETITI MALU BOL.

MOGU ČVRSTO STISNUTI ŠAKU.

**KADA ZUBAR IZVADI ZUB**
**BOL ĆE PRESTATI**
**I OSJEĆAT ĆU SE DOBRO.**



**DOBRO JE IĆI ZUBARU.**

# MOJ TATA JE BOLESTAN

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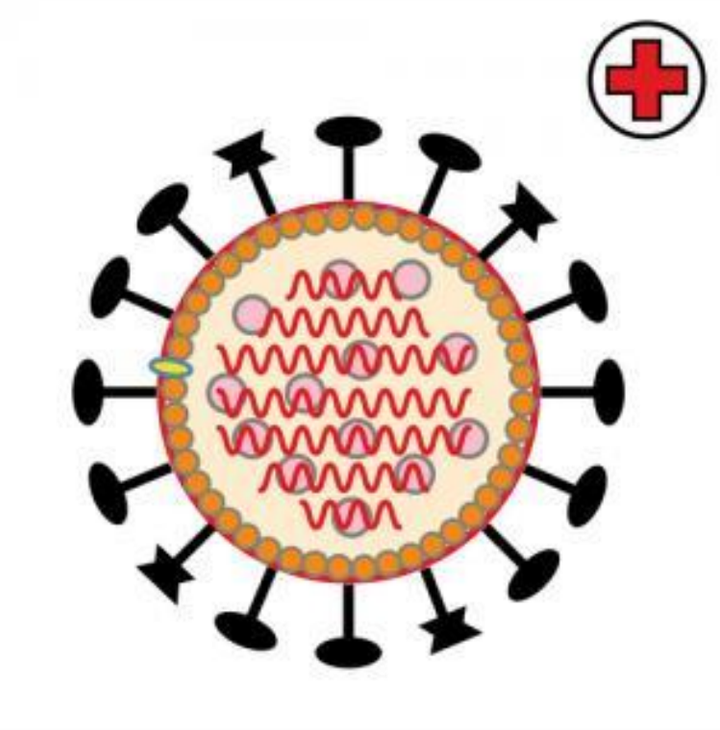
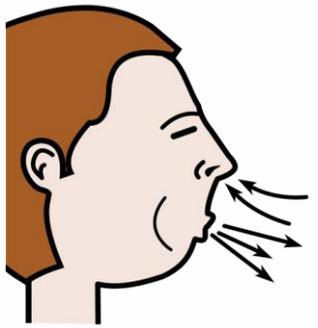
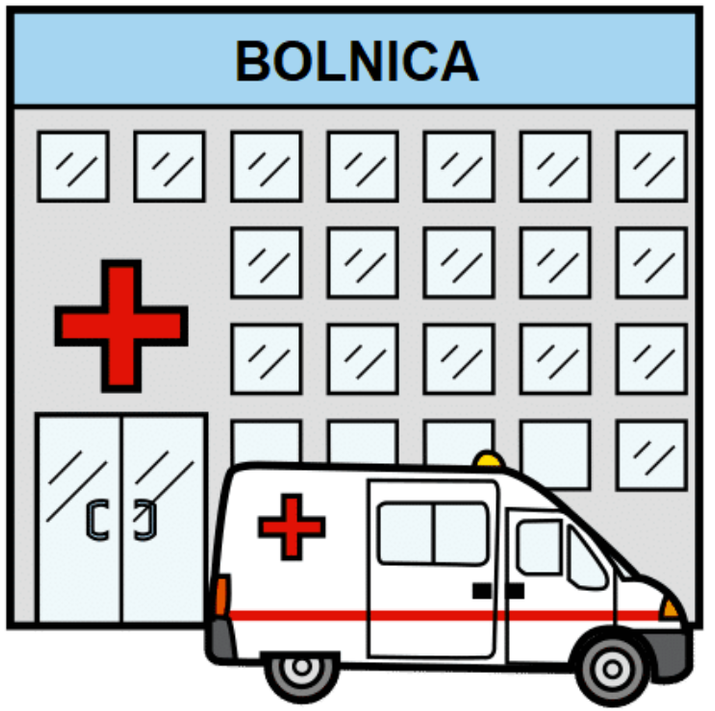
# MOJ TATA JE BOLESTAN.

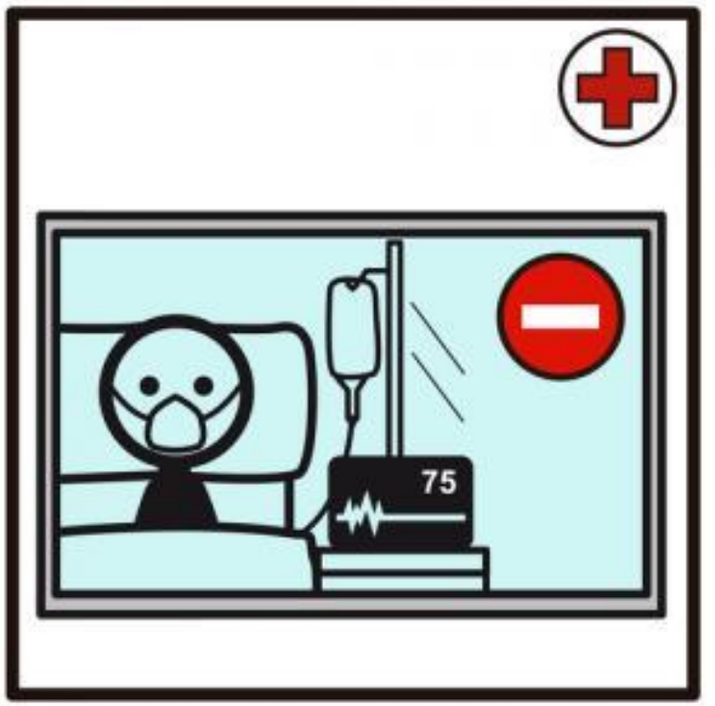


# IMA VISOKU TEMPERATURU, BOLI GA GRLO, KAŠLJE I TEŠKO DIŠE.

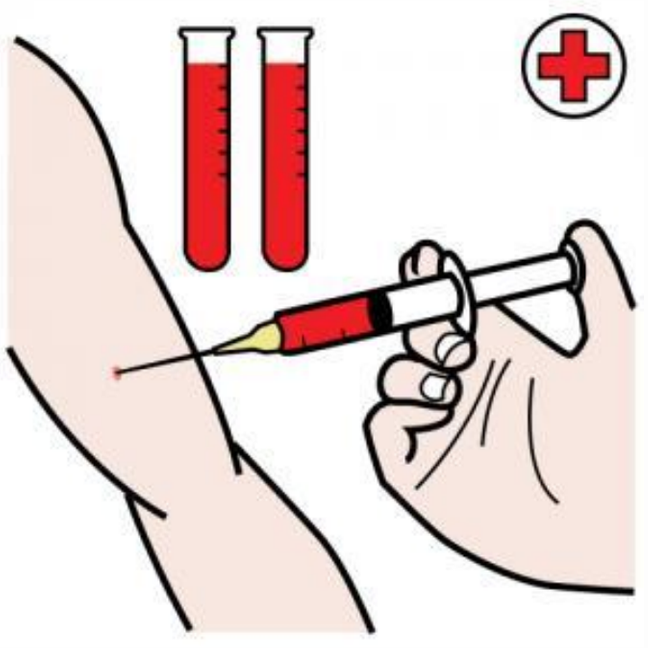


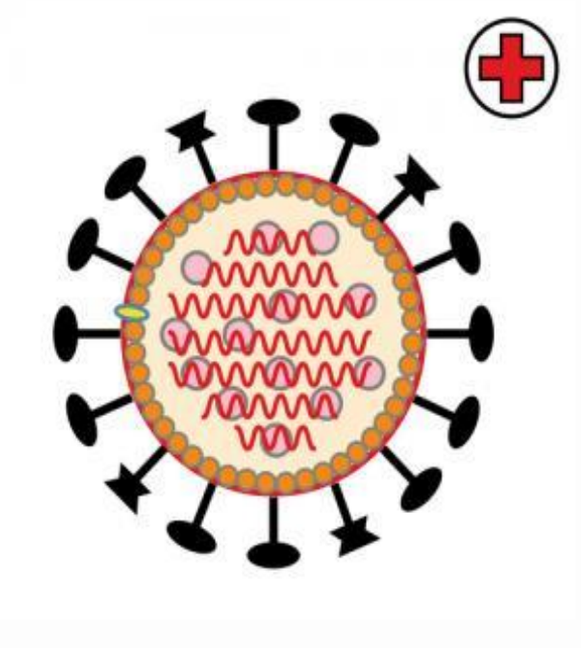
# MOŽDA ĆE TREBATI IĆI U BOLNICU.



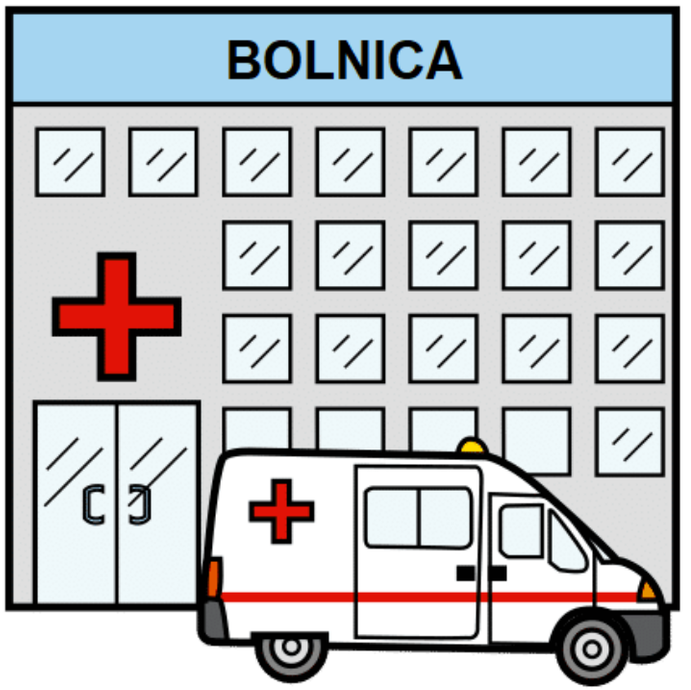



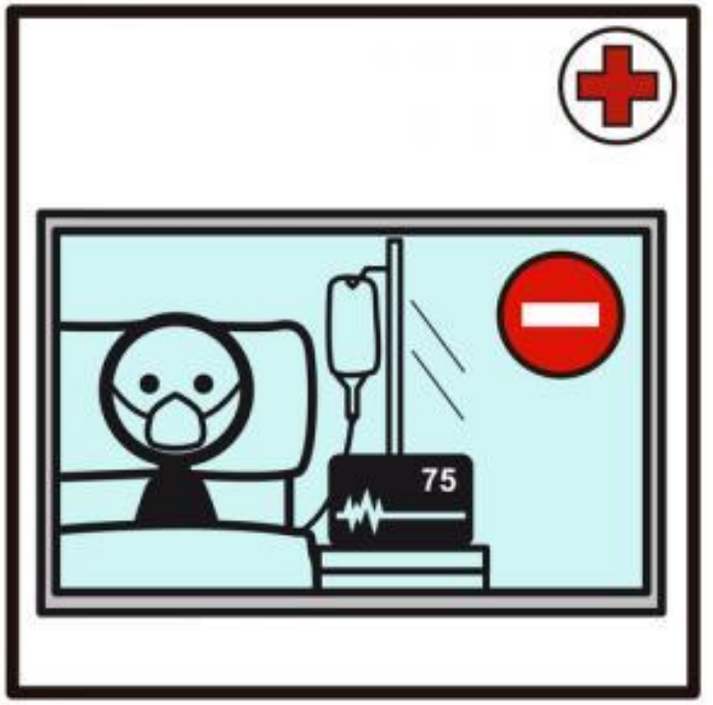
# TAMO ĆE PROVJERITI IMA LI KORONAVIRUS.





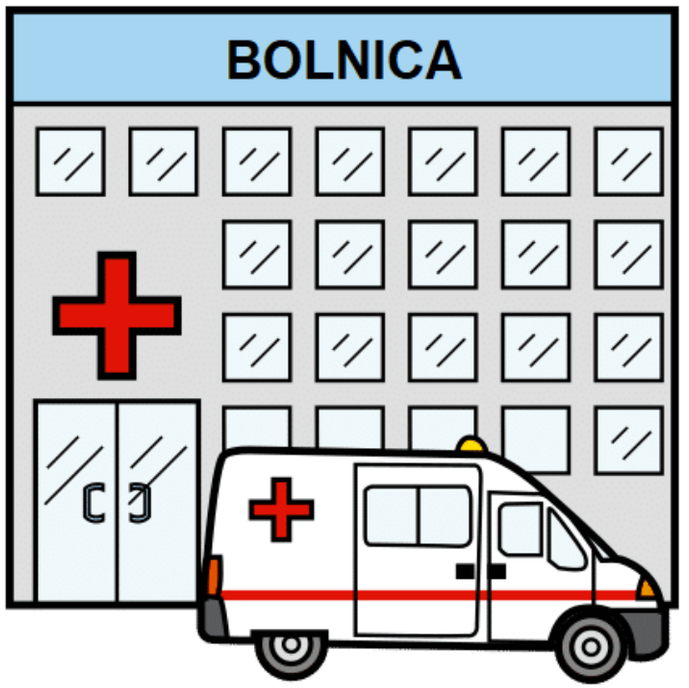
# AKO MOJ TATA IMA KORONAVIRUS, MOŽDA ĆE MORATI OSTATI U BOLNICI.

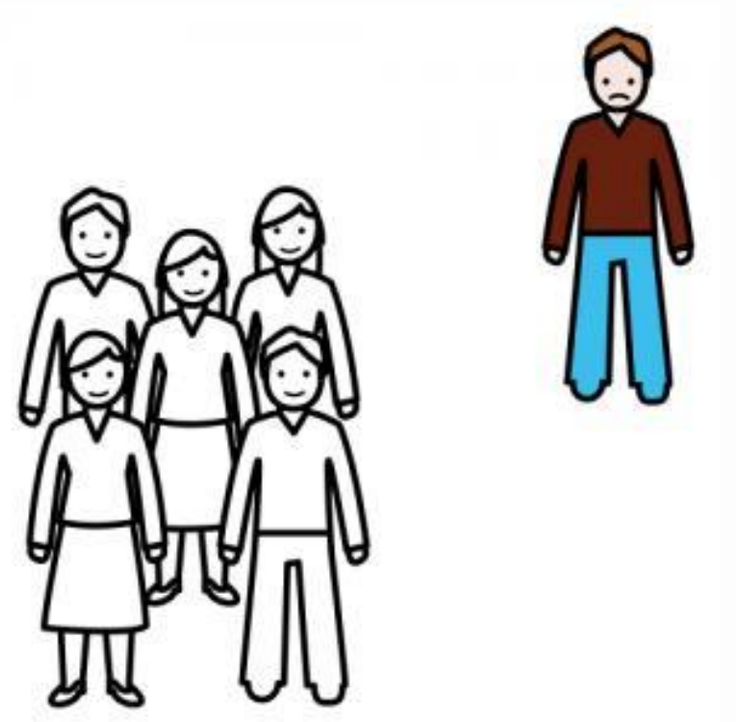


# TAMO ĆE MU DOKTORI POMOĆI DA OZDRAVI.

# AKO MOJ TATA OSTANE U BOLNICI, NE TREBAM SE BRINUTI. NEĆU BITI SAM.



# MOJA OBITELJ ĆE BRINUTI O MENI.

# KAD TATA OZDRAVI, VRATIT ĆE SE KUĆI.

# TADA ĆE SVE OPET BITI U REDU.

# Disclaimer

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