

Posts sociale media: Hou je kot gezond

**Afzender:** Logo Brugge-Oostende vzw  
**Auteur:** Dieter Vanparys, Logo Brugge-Oostende vzw

**Ideale publicatiemaand: bij voorkeur tijdens de Actieweek Gezond Binnen (15 tot 19 november 2021), maar ook nadien mogelijk in** november, december 2021 – januari, februari 2022

4 belangrijke vuistregels 👊👊👊👊 om je kot gezond te houden! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)



Hou je kot gezond! Vuistregel 1 👊 van de 4 👊👊👊👊: Ventileer! ! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)



Vuistregel 2 👊👊 van de 4 👊👊👊👊: Verlucht! ! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)



Vuistregel 3 👊👊👊 van de 4 👊👊👊👊: 3. Beperk vervuilende stoffen in huis en verlucht! ! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)



Vuistregel 4 👊👊👊👊 van de 4 👊👊👊👊: Vermijd CO-vergiftiging! ! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)



Extra info:

* Heb je nog beelden of info nodig? Dan kan je dit opvragen via [dieter.vanparys@logobrugge-oostende.be](mailto:dieter.vanparys@logobrugge-oostende.be)
* Meer info over de 4 vuistregels: [www.gezondleven.be/themas/gezondheid-en-milieu/gezond-binnen/vuistregels-voor-een-gezond-binnenmilieu](http://www.gezondleven.be/themas/gezondheid-en-milieu/gezond-binnen/vuistregels-voor-een-gezond-binnenmilieu)