

Facebookposts Hou je kot gezond

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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) [#samentegencorona](https://www.facebook.com/hashtag/samentegencorona?__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) [#samentegencorona](https://www.facebook.com/hashtag/samentegencorona?__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) [#samentegencorona](https://www.facebook.com/hashtag/samentegencorona?__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) [#samentegencorona](https://www.facebook.com/hashtag/samentegencorona?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)



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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)