$$ p：\left\{x\left|\left\{\begin{array}{c}x+2\geq 0,\\x-10\leq 0\end{array}\right.\right.\right\}=\left\{x\left|-2\leq x\leq 10\right.\right\} $$

$$ p:\left\{\left\{\begin{array}{c}x+2=0,\\x-10=0\end{array}\right.\right\}=\left\{-2=x=10\right\} $$