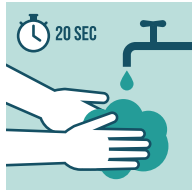


TIPS TO PRACTICE DURING THE COVID-19 PANDEMIC



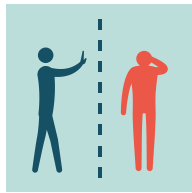
← PRACTICE SOCIAL DISTANCING



← WASH YOUR HANDS FOR A MINIMUM OF 20 SECONDS



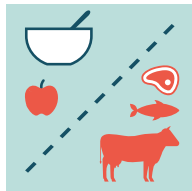
← STAY HOME



← AVOID FAMILY MEMBERS AND FRIENDS WHO ARE SICK



← AVOID TOUCHING YOUR EYES, NOSE AND MOUTH



← TRY TO COMPLETE SHOPPING TO LAST TWO WEEKS

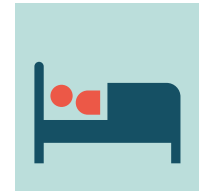
EAT A HEALTHY DIET →



MANAGE YOUR STRESS →



GET ADEQUATE SLEEP →



EXERCISE →



WEAR A MASK WHEN LEAVING HOME →



SYMPTOMS



FEVER



COUGH



SHORTNESS OF BREATH



SORE THROAT



HEADACHE

