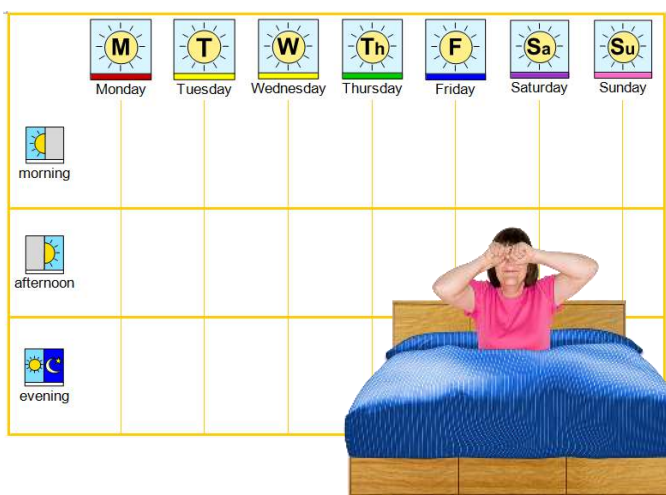




We all have to stay at home.

There are things we can do to keep well at home:



Have a good daily routine.

A visual timetable may help.

These are enclosed with this pack.



Eat a healthy diet with fruit and vegetables.



Drink plenty of water.