

Keeping healthy



It is very important to keep healthy and live active lifestyles.



help



cleaning



Important to do good cleaning



eat



healthy food



Important to eat healthy food.



My Healthy Plate



pasta



rice

1/4 starch



chicken



fish

1/4 protein



1/2 Vegetables



vegetables



exercise



Important to exercise everyday to keep healthy and fit.

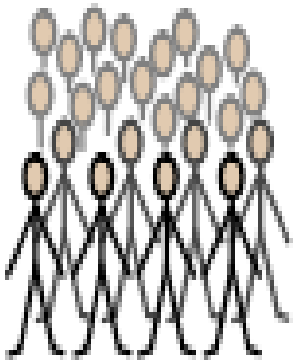


unwell



cough

Coronavirus will make you feel unwell, with a high temperature and cough.



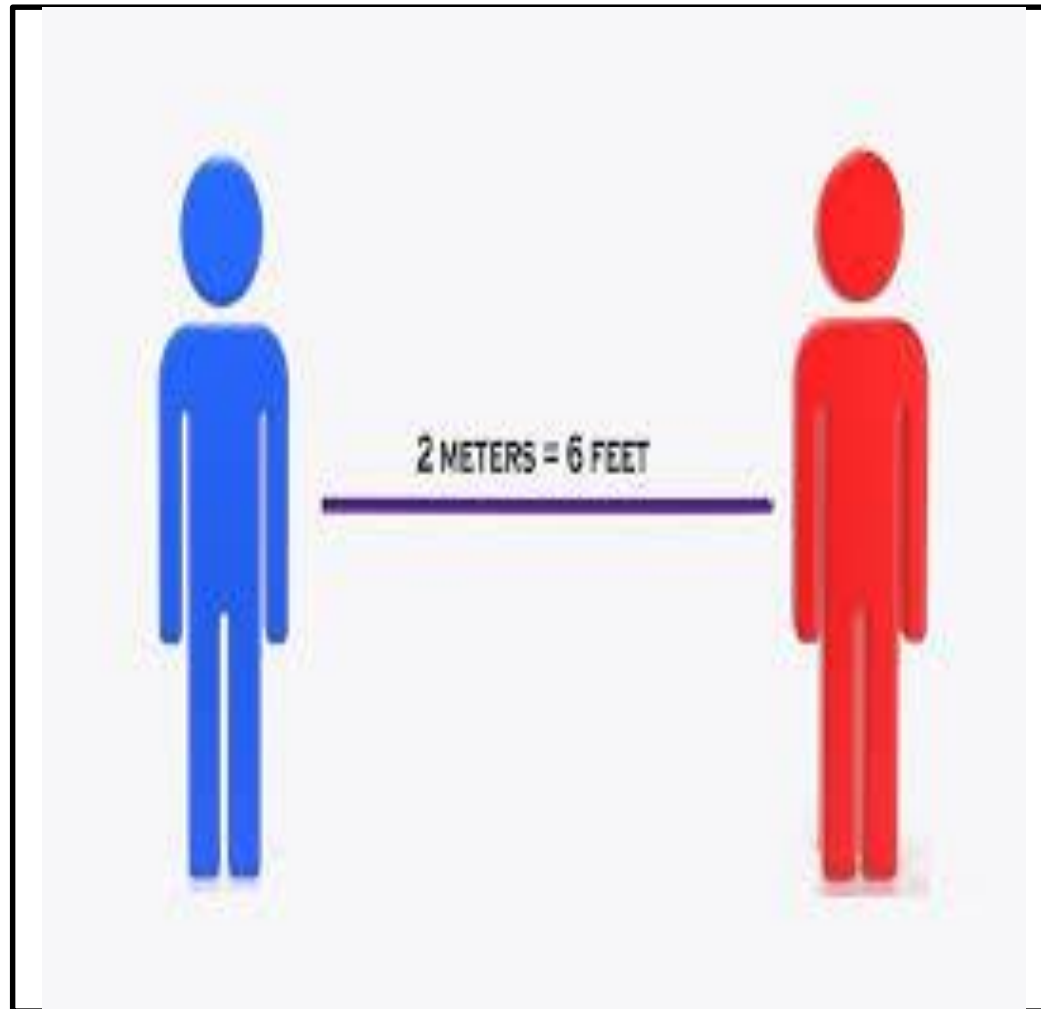
People



ill



Lots of people are unwell.



Coronavirus can spread, it is important to give people space.



Always carry a tissue.



Important to sneeze or cough in a tissue.



Important to put your tissue in the bin.



Wash

20

20



seconds



Important to wash hands or use hand gel.



Important not to sneeze or cough in peoples faces.



Home



safe



Stay Home. Stay Healthy. Stay Well.