How To Get
STRONG & HEALTHY

Drink at least 2 litres of water a day

1 2 = **8 glasses of water**

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Our body needs water to function normally and flush out germs.

Eat a balanced meal

Eat your 2 servings of fruits and vegetables every day.

This gives you protection so your body stays strong from disease.
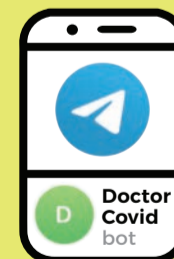
Brush your teeth - 2 TIMES - a day

Brush with toothpaste at least 2 minutes each time.

Toothpaste

To prevent your teeth from pain and tooth decay.

Exercise regularly

Follow exercise videos by **DOCTOR COVID** on Telegram.

Doctor Covid bot

Keeps your body strong and fit to go to work.

- Do - Self-care activities

Socialise with your friends online.

This keeps your mind healthy

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