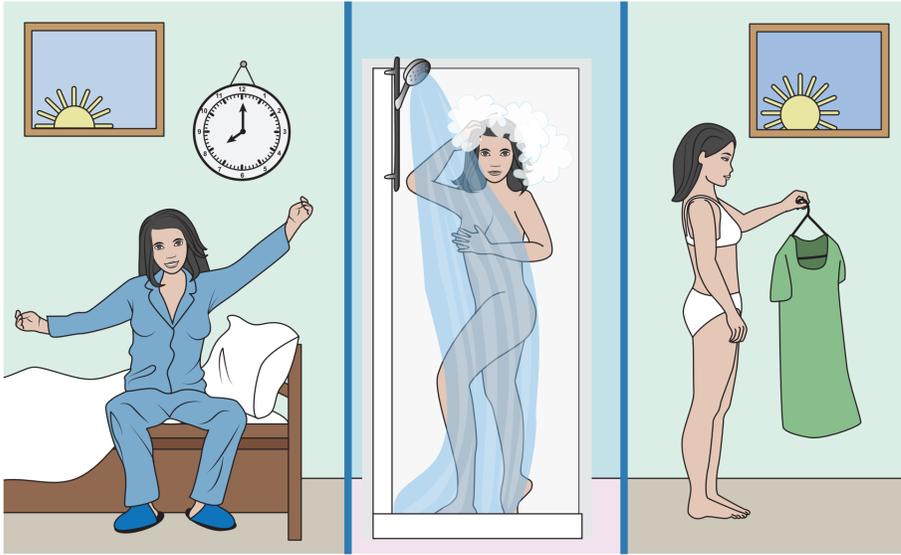


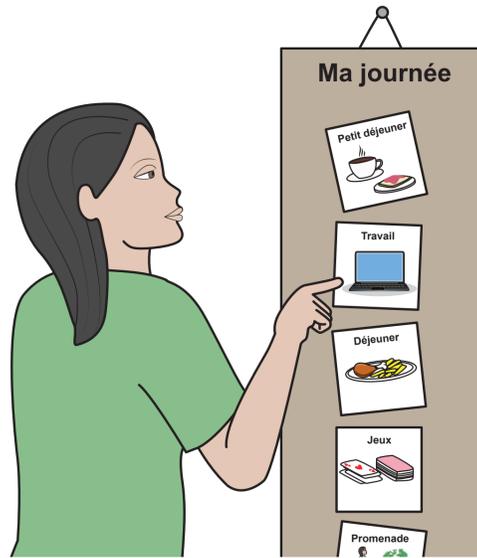
Taking care of my health while I am self-isolating

I keep up my regular good habits.

I get up and wash at the normal time.



I plan out my day.

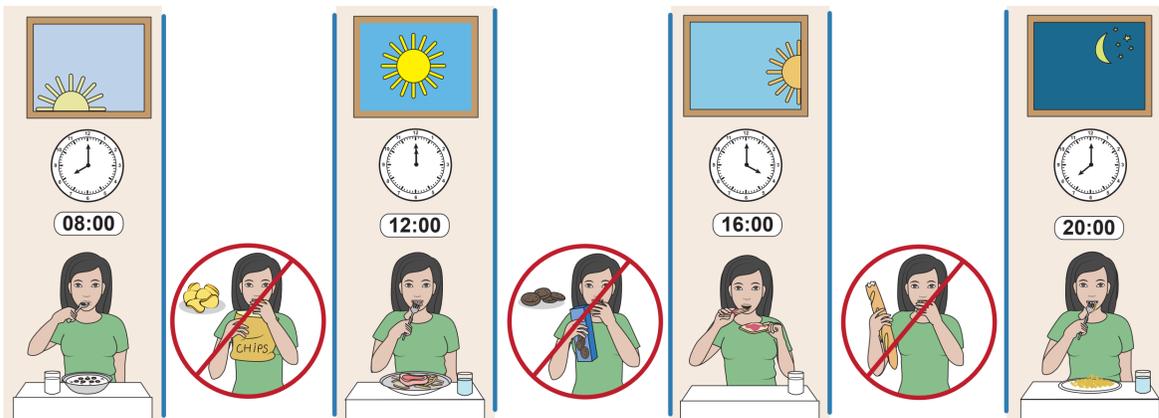


I don't go to bed too late.



I make sure I eat healthily.

I eat at regular mealtimes.
I don't snack between meals.



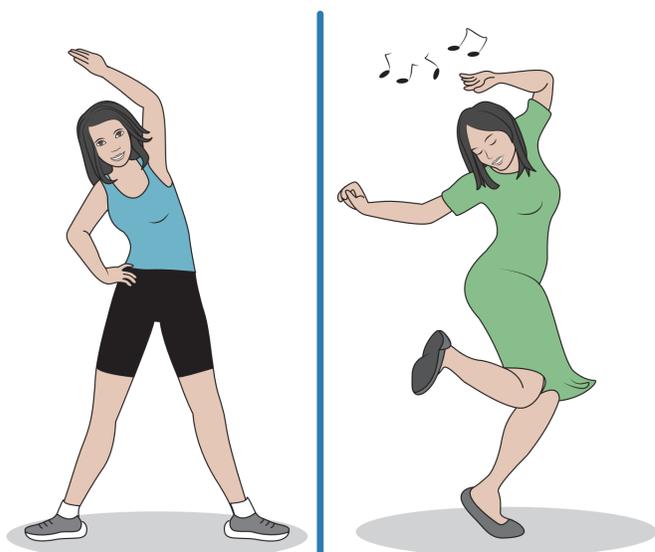
I am careful about drinking and smoking

I don't drink too much alcohol
and I don't smoke more than usual.



I do physical activities.

I do exercises at home.
I dance.



I can go into my garden
whenever I like.

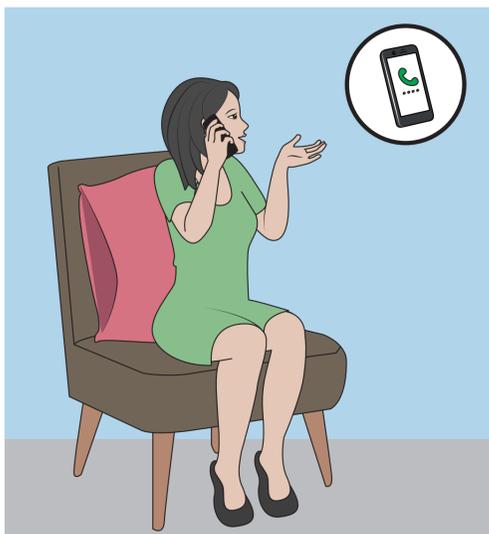


I can go for a short walk
near my house.

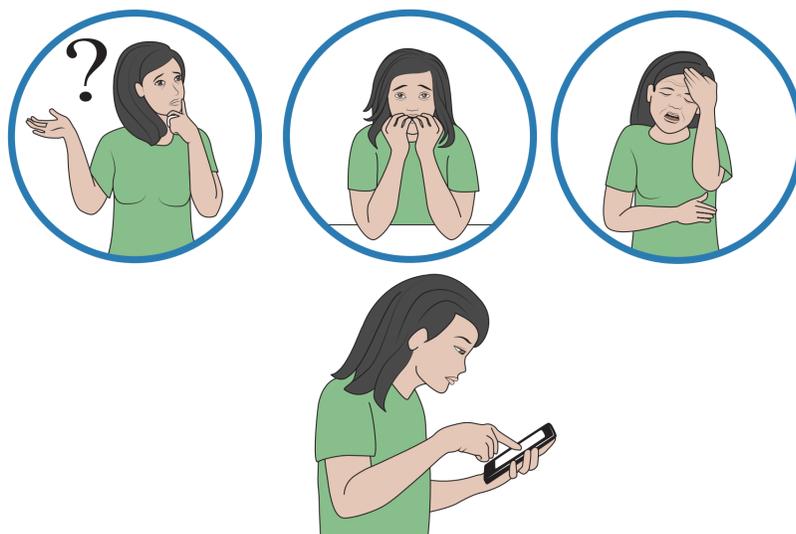


I stay in contact with my friends and family.

I can call them.
I can make video calls with my loved-ones.



If I am worried or scared or if I feel unwell:
I contact a friend or family member.

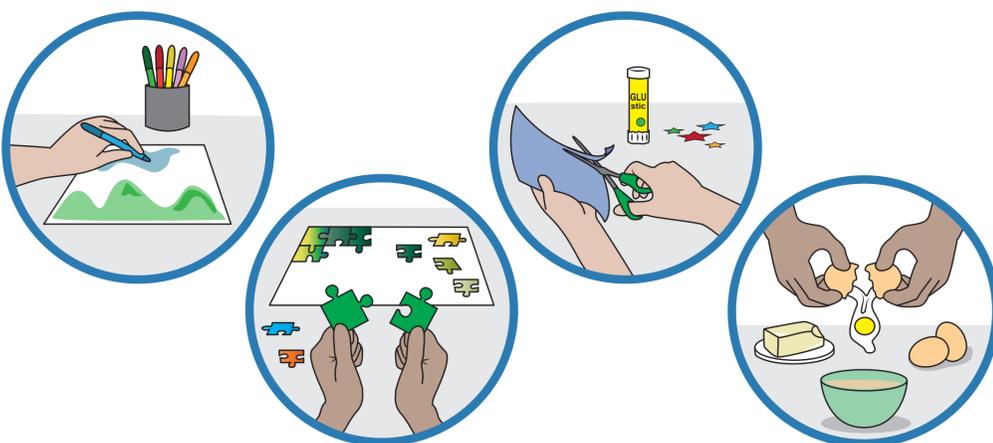


I organise my day - I can do lots of different activities.

I keep my house tidy.
I tidy up, let in some fresh air, do the housework...



I do activities that I enjoy.
I draw, I do a jigsaw, I do crafts, I cook...



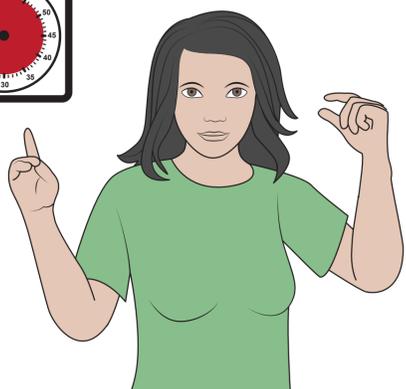
I can also share my activities
with the people I live with.



I take it easy.
I read a book, I listen to music, I watch a film...



I don't spend too long on my screen.



I don't watch the news too much.

The news might make me worry



Find all our easy-to-use documents about coronavirus at www.santebd.org

Where can I find SantéBD ?

On the SantéBD app



or at the website

www.santebd.org

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