

how to prevent the spread of covid



WEARING A MASK

masks are made to protect from droplets released by other people from entering our noses and mouths or vice versa, it is very important to use masks during this pandemic



EXERCISE REGULARLY

Exercising regularly can increase our immunity, to prevent the covid 19 virus



TAKE VITAMIN C

This vitamin C is one of the nutritional intakes so that the body's immune is maintained because strengthening the body's immune system is one way that can be done to ward off viruses that cause serious diseases, one of which is the corona virus.

