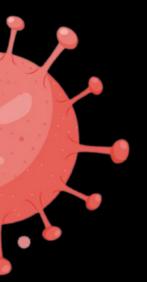
## how to prevent the spread of covid



## **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 REGULARY**

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.

