

BE THE
RESISTANCE

KEEP YOUR
DISTANCE

STAY SAFE. STAY SMART. STAY 2 METRES APART.

SPREAD

HOPE

**WASH YOUR HANDS
FOR AS LONG AS IT**

USE

**TAKES TO SING HAPPY
BIRTHDAY TWICE.**

SOAP

STRETCH YOUR

LEGS

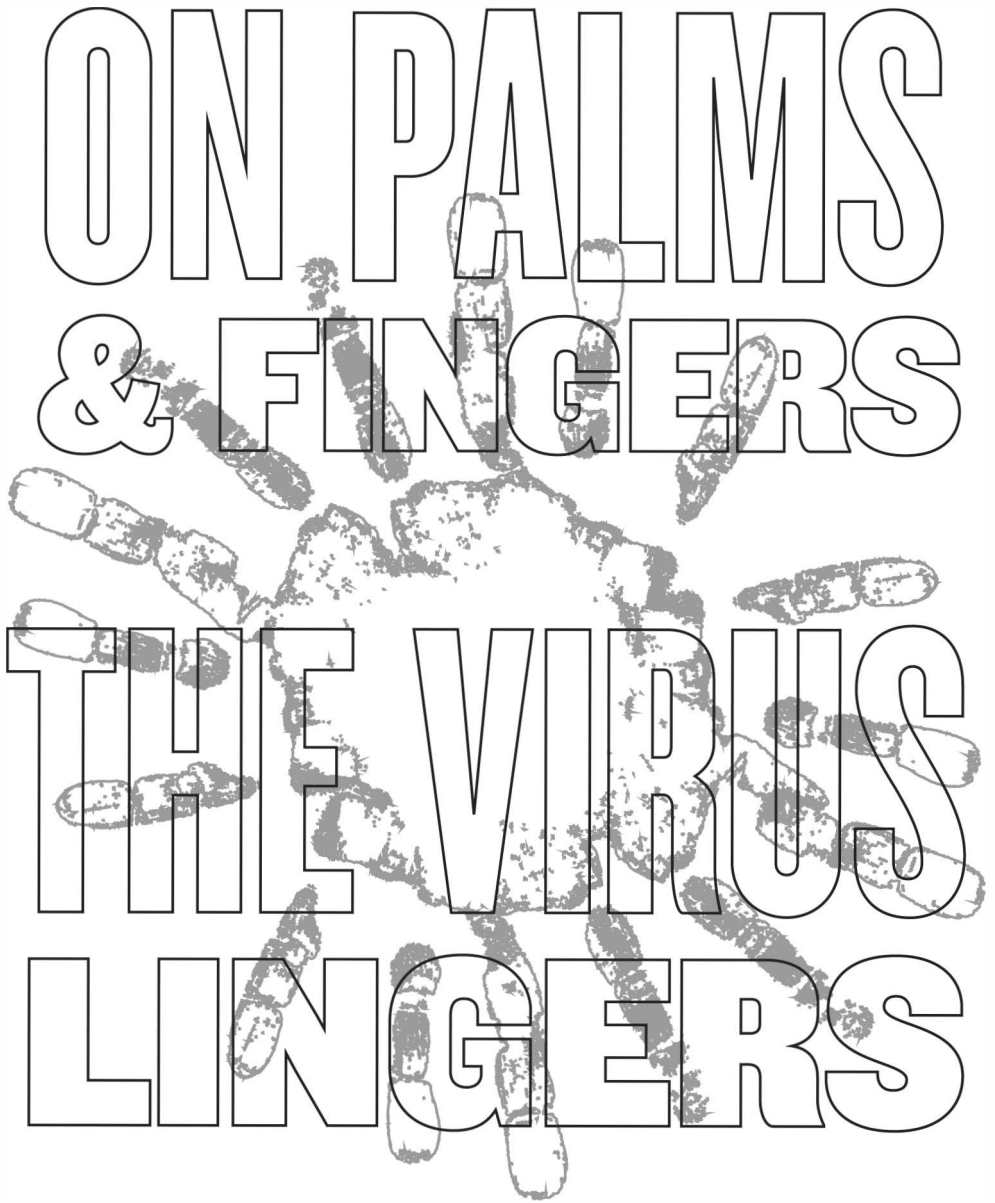
NOT OUR

NHS

HELP THE FRONTLINE BY KEEPING TO ONE FORM OF EXERCISE A DAY.



**STAYING AT HOME SAVES LIVES.
FIGHT THE VIRUS FROM YOUR FRONT ROOM.**



ON PALMS
& FINGERS
THE VIRUS
LINGERS

**KEEP YOUR HANDS CLEAN AND AWAY FROM YOUR
FACE TO AVOID UNWANTED INFECTION.**