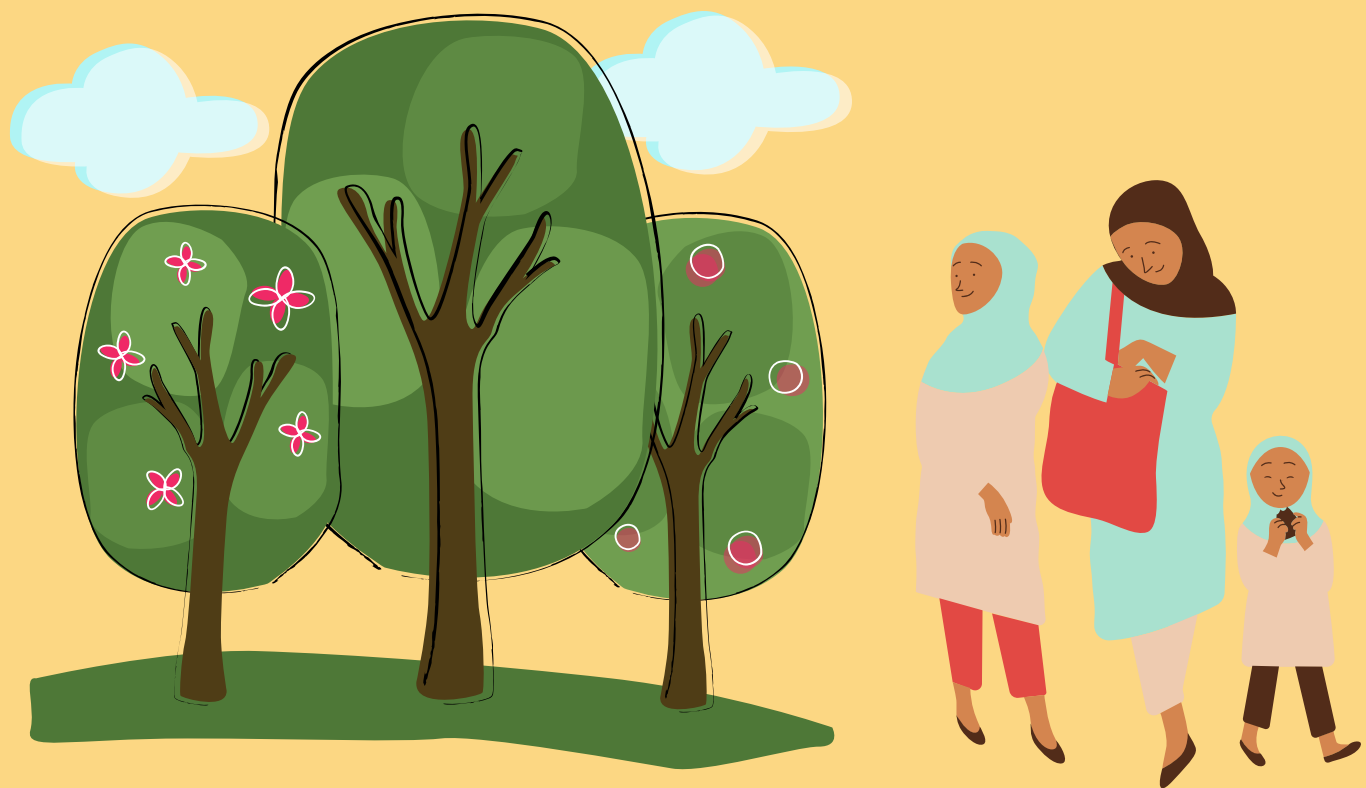


# IT IS OK TO PLAY OUTSIDE!



## GO OUTSIDE EVERY DAY!

The government says it is okay for your family\* to have time outside during the day for play and exercise together.

\*Family = everyone who lives at your place.



## KIDS NEED DAYLIGHT!

Doctors say children must have fresh air and daylight to be healthy and strong



## MOVING MAKES YOU HAPPY!

Being physically active and playing outside helps everyone to feel better.



## KEEP WASHING HANDS

Just wash your hands with soap and water when you go home.