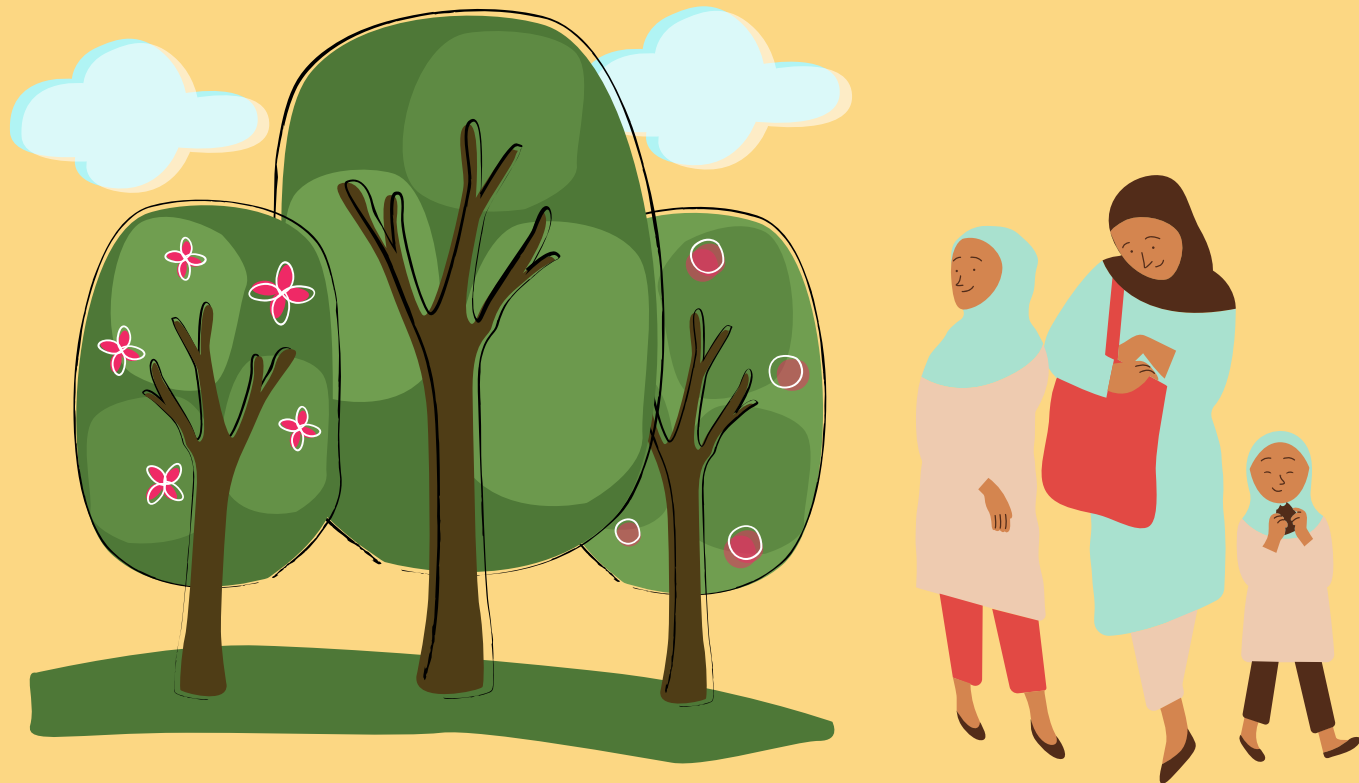


# IT IS OK TO PLAY OUTSIDE!



**5KM**  
FROM HOME

## GO OUTSIDE EVERY DAY!

The government says it is okay to exercise outside for 2 hours once every day. 2 adults can exercise together, along with dependents (young children).



## KIDS NEED DAYLIGHT!

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

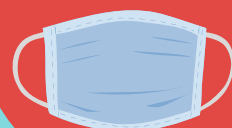
**1.5M**



## MOVING MAKES YOU HAPPY!

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

WEAR A MASK



## KEEP WASHING HANDS

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