A STRONG BODY

RHD ❤️
Australia

Blow

Breathe

Cough

Wash your hands with soap

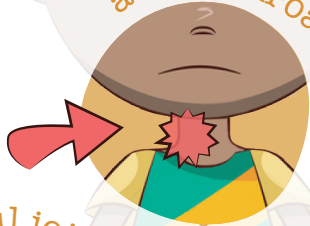Wash your face

Brush your teeth
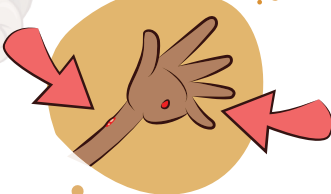
Eat healthy food

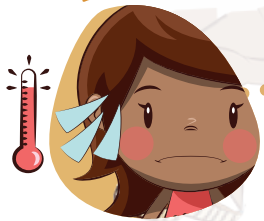# A STRONG HEART

Do I have...

a sore throat?

skin sores?

painful joints?

fever?

I am feeling OK!

Get it checked at the health centre