

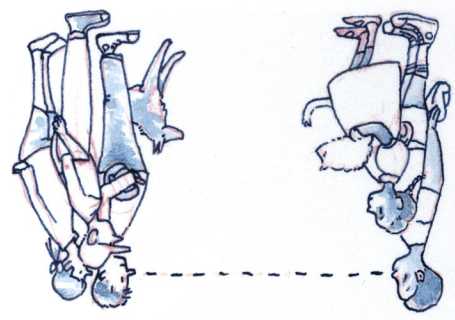
READING · WRITING · ARITHMETIC  
(AND GIVE YOUR PARENTS A BREAK.)

STUDY · FOCUS



HOME SCHOOL

MAINTAIN 6 FEET DISTANCE  
BETWEEN YOU & THE WORLD



SOCIAL DISTANCING

PROTECTS SPREAD VIRUS.  
PROTECT THOSE AROUND YOU!



PRACTICE RESPIRATORY HYGIENE

WITH SOAP OR ALCOHOL-BASED CLEANER  
TO KILL THE VIRUS.



WASH YOUR HANDS!

PRACTICE MINDFULNESS  
MAKE TIME TO FOCUS ON BREATHING



CULTIVATE KINDNESS

EXERCISE OFTEN



PLAY OUTDOORS  
FOR MENTAL & PHYSICAL HEALTH

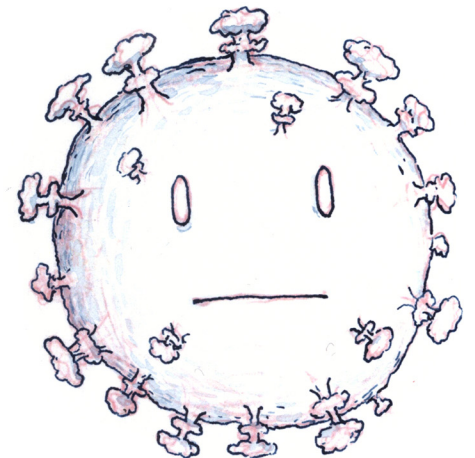
EAT WELL.



GOOD NUTRITION  
IS AN IMPORTANT PART OF  
LEADING A HEALTHY LIFE.

WHO.INT CDC.GOV

HOW TO SURVIVE THE  
GLOBAL PANDEMIC.



COVID-19  
APOCALYPSE 2020  
BY LEO QUILES