

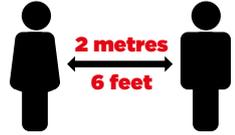


Southern Health and Social Care Trust

Quality Care - for you, with you

COVID-19 (CORONAVIRUS)

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres away from other people

Visit www.pha.site/coronavirus for latest information and advice on coronavirus

STAY ACTIVE @ HOME!



Now more than ever we need to be active at home to look after both our physical and mental health.



Go outside to walk, jog and run
(following current government guidelines)



Strength and balance exercises



Break up sitting time

(stand during advert breaks, stand when talking on the phone)



Walk more around the house

Gardening



Use the stairs



Housework

(hoovering/ironing/dusting)



#Stayactiveathome

Every movement counts!