

# When taking part in physical activity



# Remember 3 simple things to stay healthy



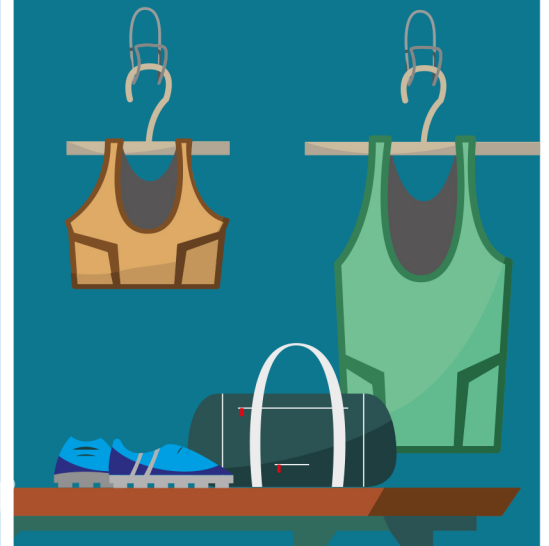
# Always clean and cover wounds



# Wash your hands or have a shower



# Clean your kit and equipment afterwards



# Stay healthy. Keep active.

