

When taking part in physical activity



Remember 3 simple things to stay healthy



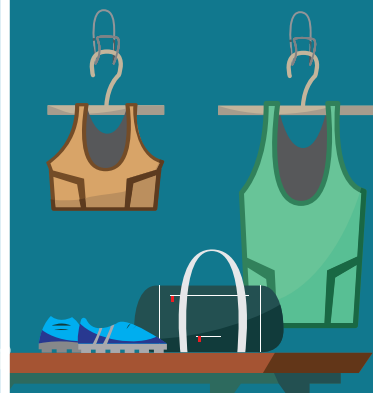
Always clean and cover wounds



Wash your hands or have a shower



Clean your kit and equipment afterwards



Stay healthy. Keep active.

