

# PROPA DISTANCE FOR RESISTANCE



## What is physical distancing?



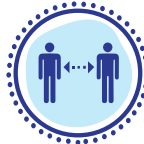
No unnecessary travel



Call first before going to hospitals or medical centres



Stay connected to family & Friends



Keep a safe distance from others in Public



Do not go to crowded places



Only go out for necessary food & other supplies.



Stay home