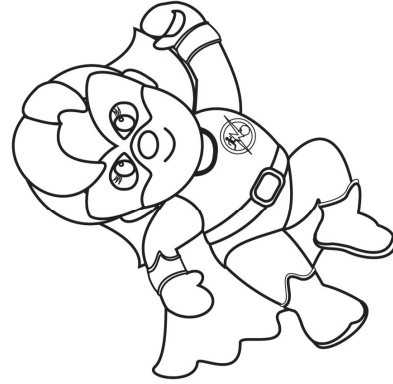


Are You Keeping in Touch With People?



Holly "Keep healthy" says!



It is important to keep
in contact with your friends and
family while you are staying at home. You
could phone them, use a video app or
write a letter to stay in touch .