

This is the Plain English script the corresponding YolŃu matha resources are based on. It is not an exact translation of the recording. It is provided here primarily to give non-YolŃu matha speakers an understanding of the resource content.

Stay healthy

COVID-19 attacks our body's immune system. You can keep your immune system strong by doing these things:

- Exercise: Keeping fit keeps our bodies strong. Walking and running in the fresh air is a good idea. So is kicking the footy. Just don't get too close to other people.
- Drink water: Drinking water is good for our immune system. It is fine to drink tap water. Just remember not to share bottles and glasses.
- Eat well: Fresh food, like fruit and vegetables, can keep your immune system strong to fight off viruses like COVID-19.
- Get plenty of sleep.