

**COVID-19 & ISOLATION**  
**Thomas Pal Assignment Three**  
**Context & Narrative**

**16 April 2020**

**STAY AT HOME-PROTECT THE  
NHS-SAVE LIVES**

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**My journey through COVID-19 &  
Isolation**

**I'll show you**



**Exercise once a day**



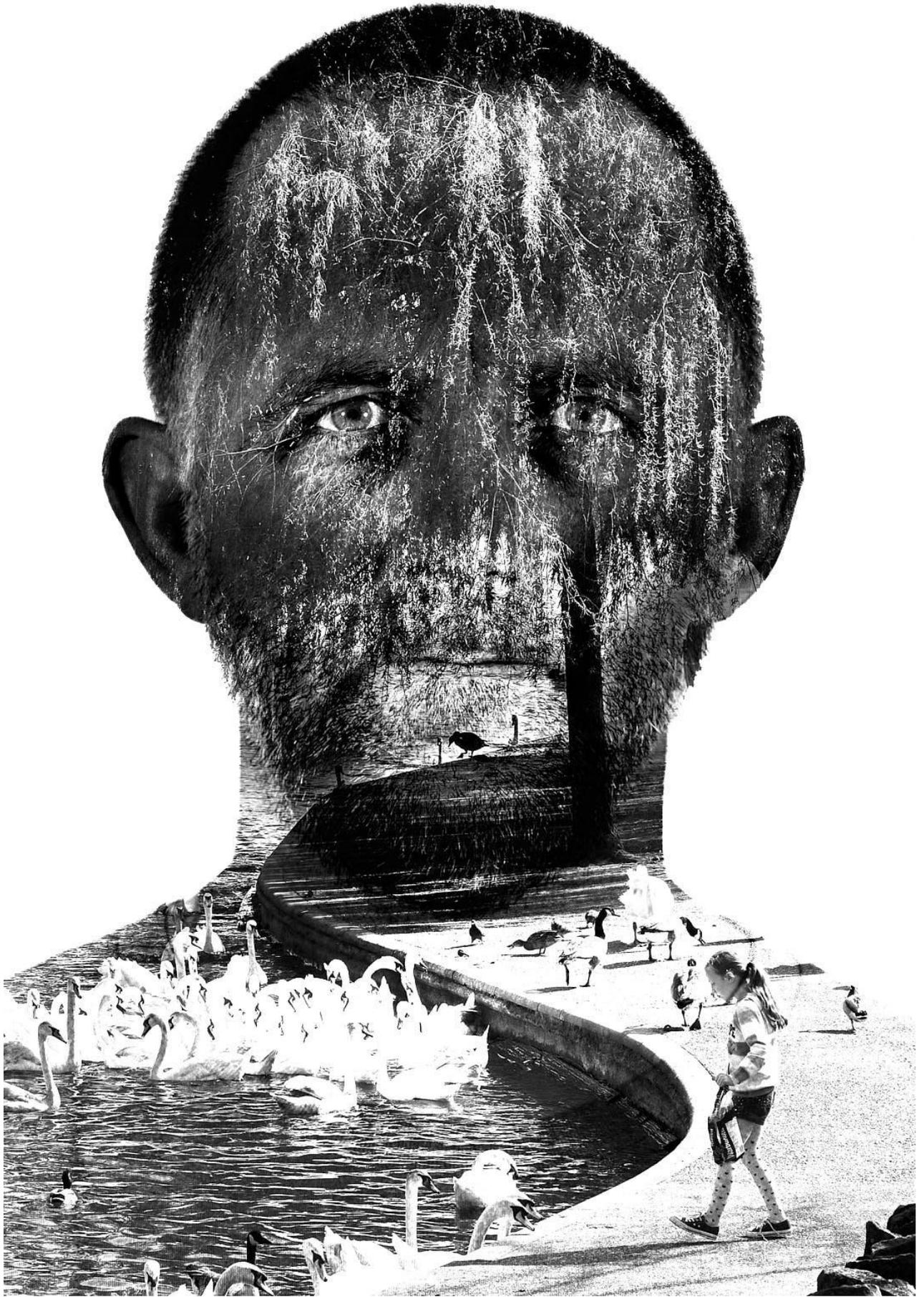
# **Social Distancing**



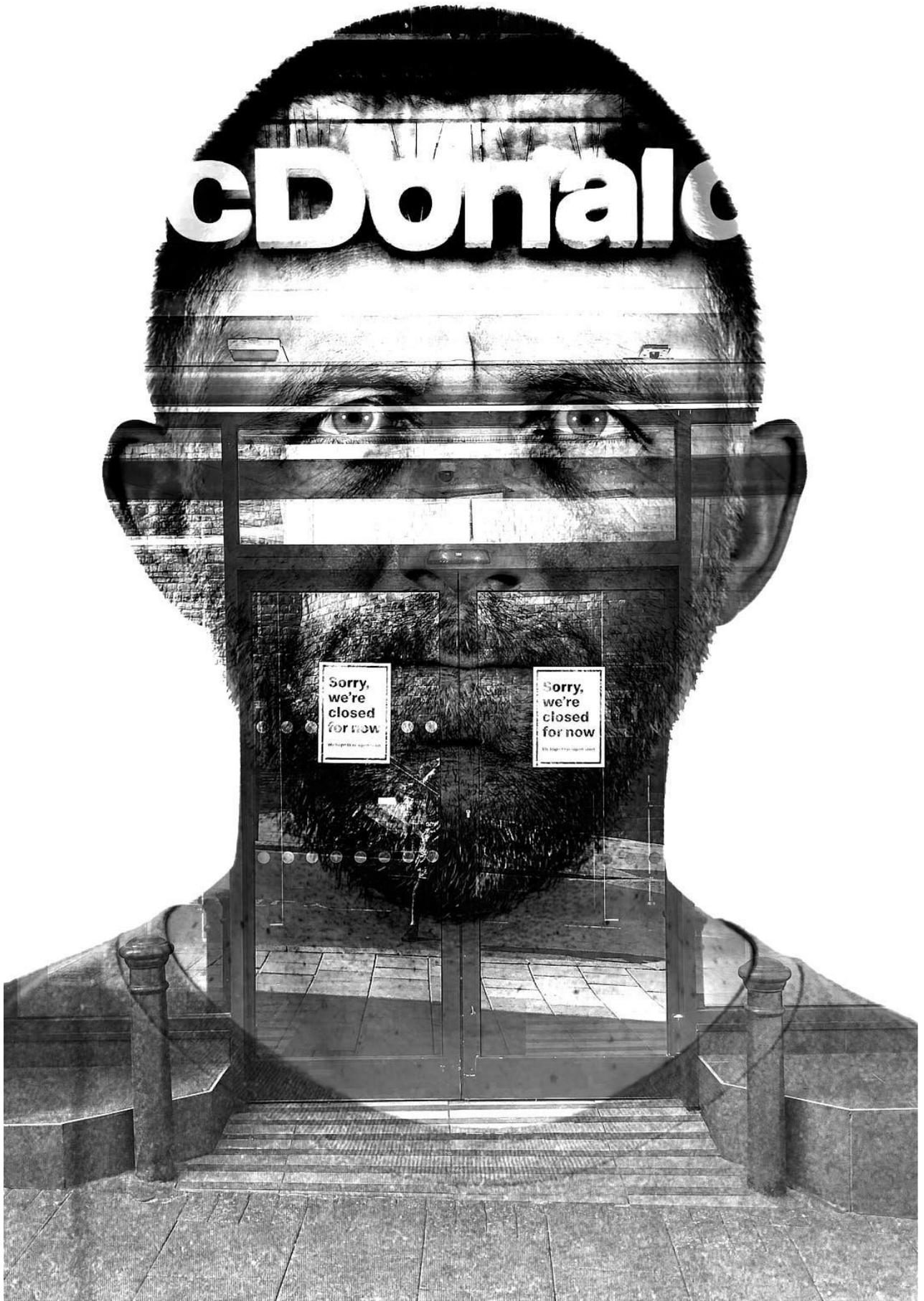
# Shopping



**Fresh air**



**Closed**



**Stay Strong**



**PPE**



**Thank You, NHS**

