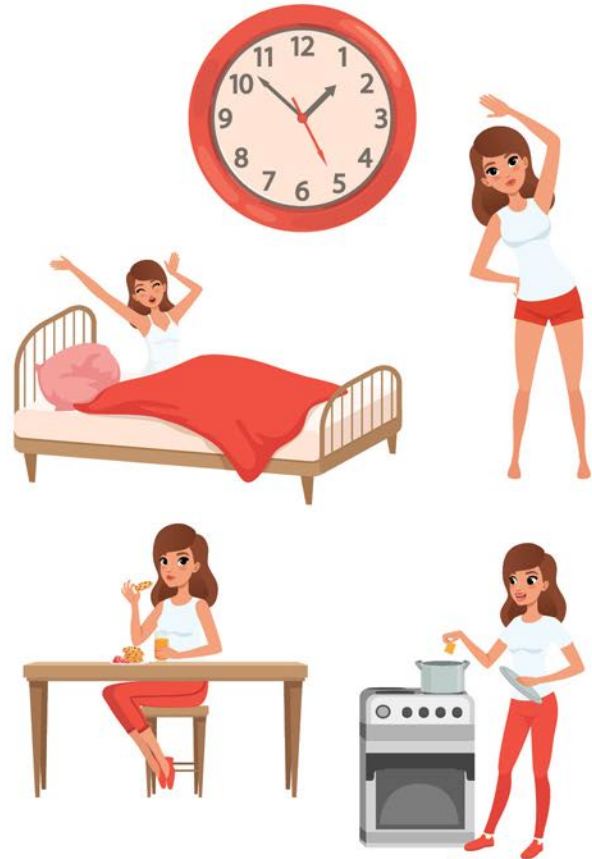


FOLLOW A SCHEDULE

Have a schedule for the day, dividing the day into work, rest, exercise and hobbies/activities.

It is important to follow a schedule to avoid empty time which easily leads to worry.



If we must continue to stay together, we must now stay apart.

FERNANDEZ FOUNDATION strongly supports Social Distancing to fight COVID-19