

STAYING ALIVE

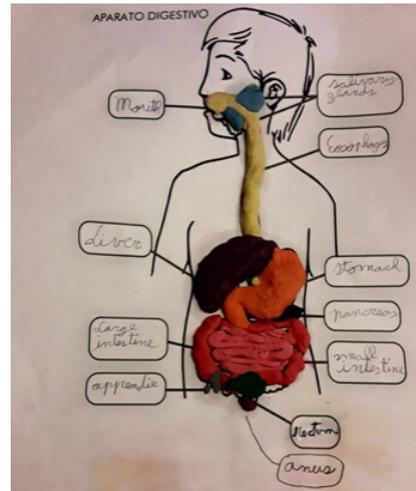
HOW DO OUR ACTIONS IMPACT OUR BODY?



DIGESTIVE SYSTEM:

What should we eat during quarantine to stay healthy?

We should eat healthy food, like fruits and vegetables, because they help our digestive system, they have nutrients and vitamins that make our body work better.



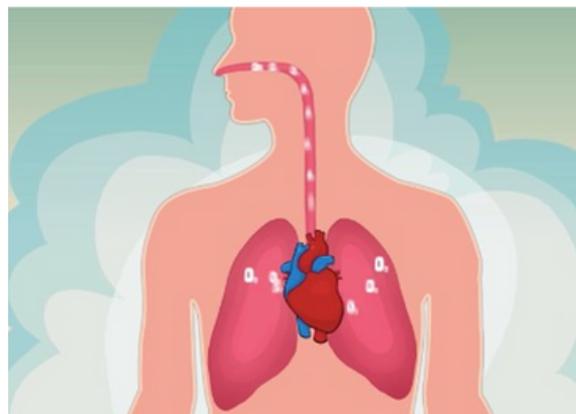
RESPIRATORY SYSTEM:

Why do we have to wear a medical mask?

We need to use medical mask to avoid getting the COVID-19. We have to put the mask covering our nose and mouth, this helps us not to become infected.

Wearing a medical mask allows us to avoid getting infected with the COVID-19.

The coronavirus attacks our respiratory system, killing cells called cilia, these ones are in charge of cleaning the oxygen that enters to our body; so when the COVID-19 enters to our organism, it infects it, and provokes that your lungs get inflamed.



CIRCULATORY SYSTEM

Benefits of Physical Activities during quarantine.

Doing exercise is healthy for our circulatory system, because it keeps blood moving and burns fat, avoiding our veins and arteries getting obstructed.



AVERAGE OF PEOPLE IN PEÑALOLÉN INFECT WITH COVID-19 UNTIL JUNE 29

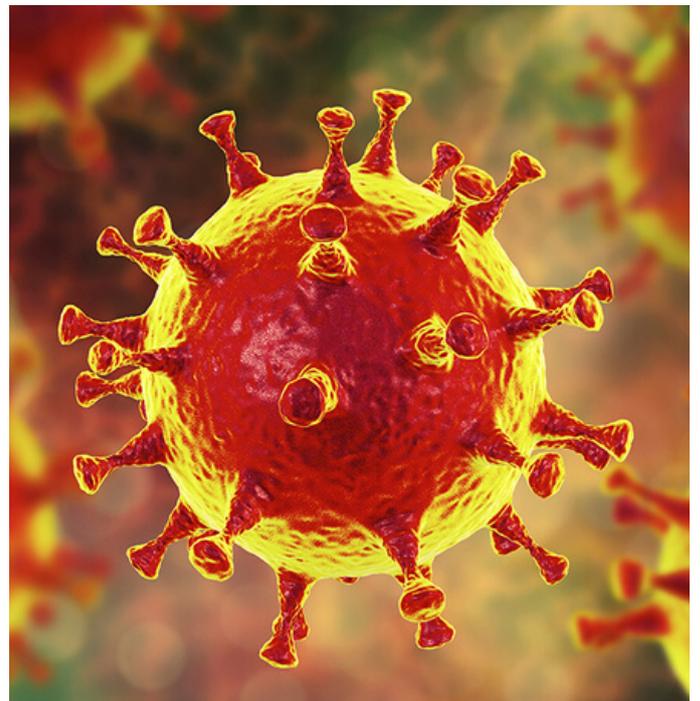
Peñalolén alto y nuevo: 1703
Lo hermida: 2559
La faena: 1002
San Luis: 1403

Quadrant with highest number of confirmed cases: Lo hermida

Quadrant with lowest number of confirmed cases: La faena

Average
Number of confirmed cases in Peñalolén: 1591

Why is the date important, when we measure the number of COVID-19 confirmed cases?
To see how covid is going forward and it changes.



HOW DO OUR ACTIONS IMPACT OUR BODY?

All things we do in our daily life can produce effects in our digestive system, in our respiratory system and in our circulatory system.

Eat healthy food, like fruits and vegetables, help our digestive system, because they have nutrients and vitamins that make our body works better. Meanwhile eating fat food, like chocolates, ice creams and potatoes chips can bring negative results, because our veins and arteries can be obstructed.

We have to take care of our actions to have a good respiratory system. Actually the coronavirus is affecting this system. The COVID-19 is a respiratory virus that attacks our respiratory system, it kills some cells called cilia, these are in charge of cleaning the oxygen that enters to our lungs, so if you have the virus, the oxygen enters infecting provoking that our lungs get inflamed. We can avoid getting infected with COVID-19, by following the rules of the OMS, that are social distance, use a medical mask, covering your mouth and nose, and wash your hands.

Doing exercise is healthy for our circulatory system, because it keeps blood moving and burns fat, avoiding our veins and arteries get obstructed.

In conclusion we have to take care of our body!

