

Don't lift heavy things.

Don't go outside.

Go home early.

Don't work too hard.

Go to the grocery store.

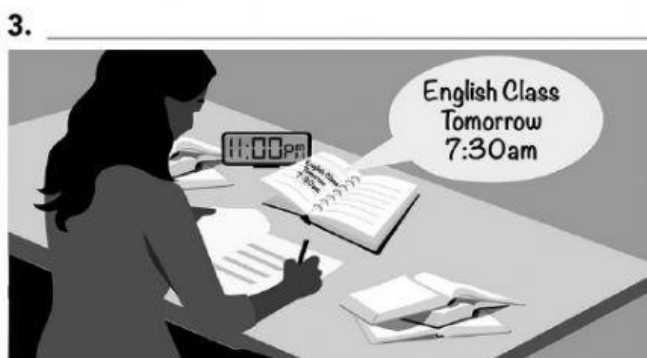
Drink some water.

Have a hot drink.

Don't stay up late.



1. Don't go outside.



7. _____

8. _____