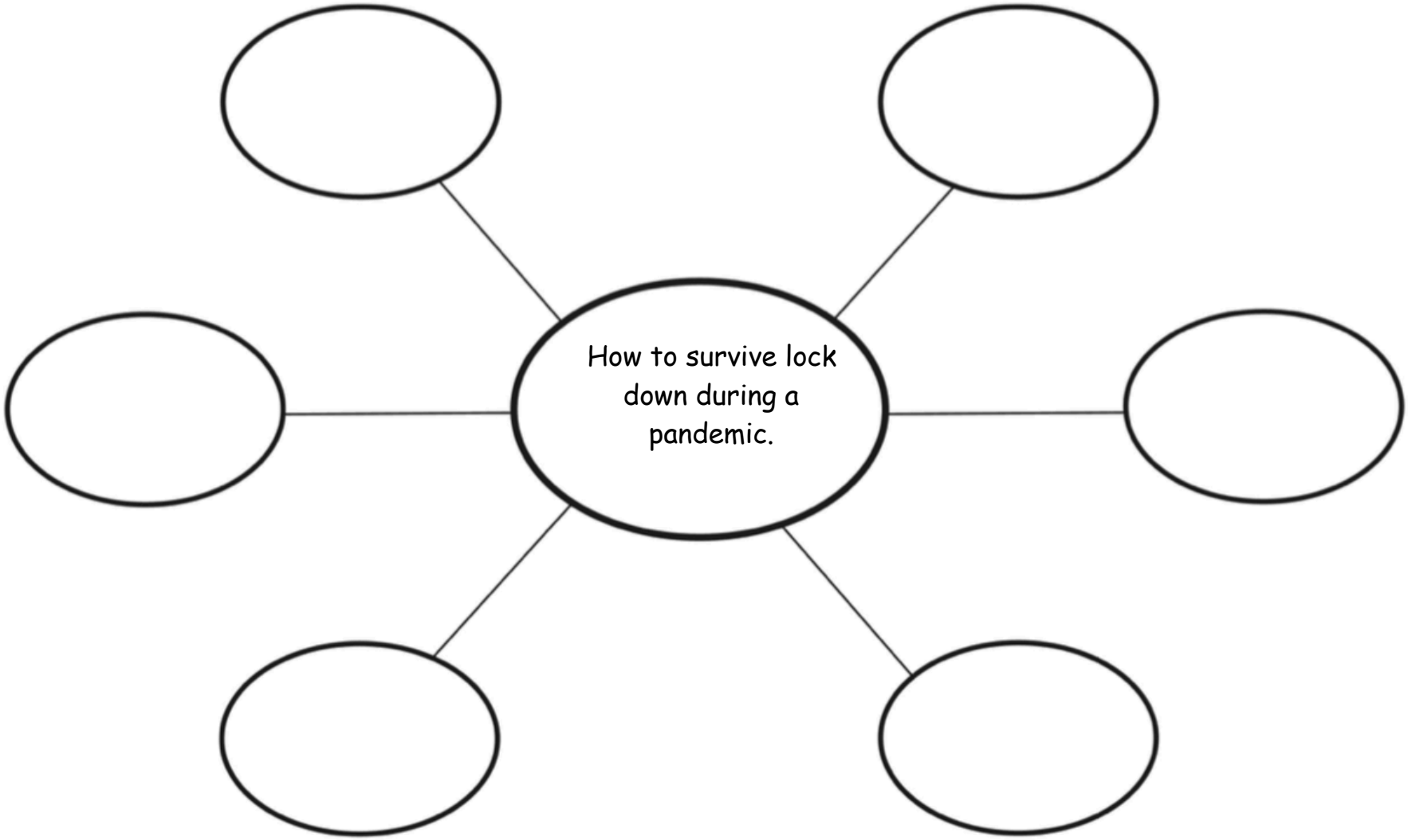
How to survive lock down during a pandemic.