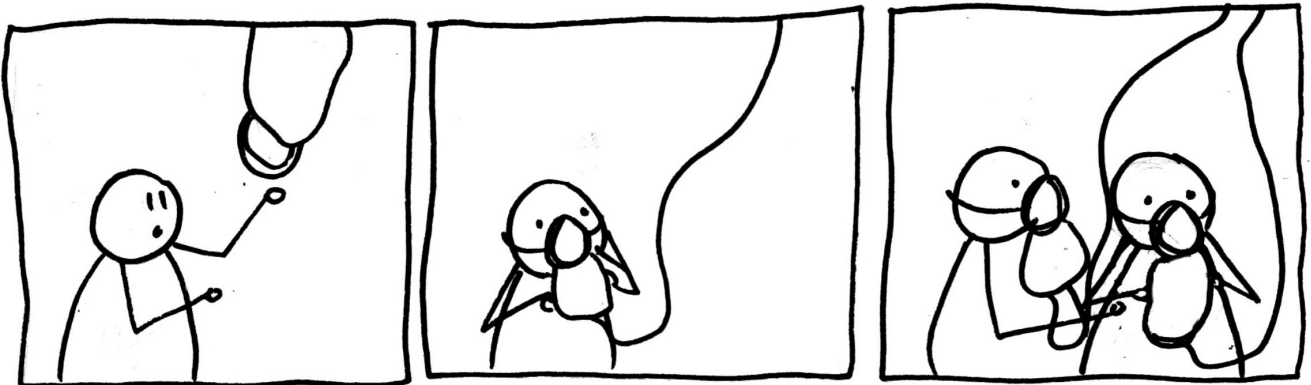


THE PHRASE

put on your own mask
before helping others



DOES NOT MEAN "GET YERSELF COMFY,
EVERYONE ELSE CAN WAIT,"



IT'S MORE LIKE "YOU NEED TO BE IN A
FIT STATE TO HELP OTHERS".