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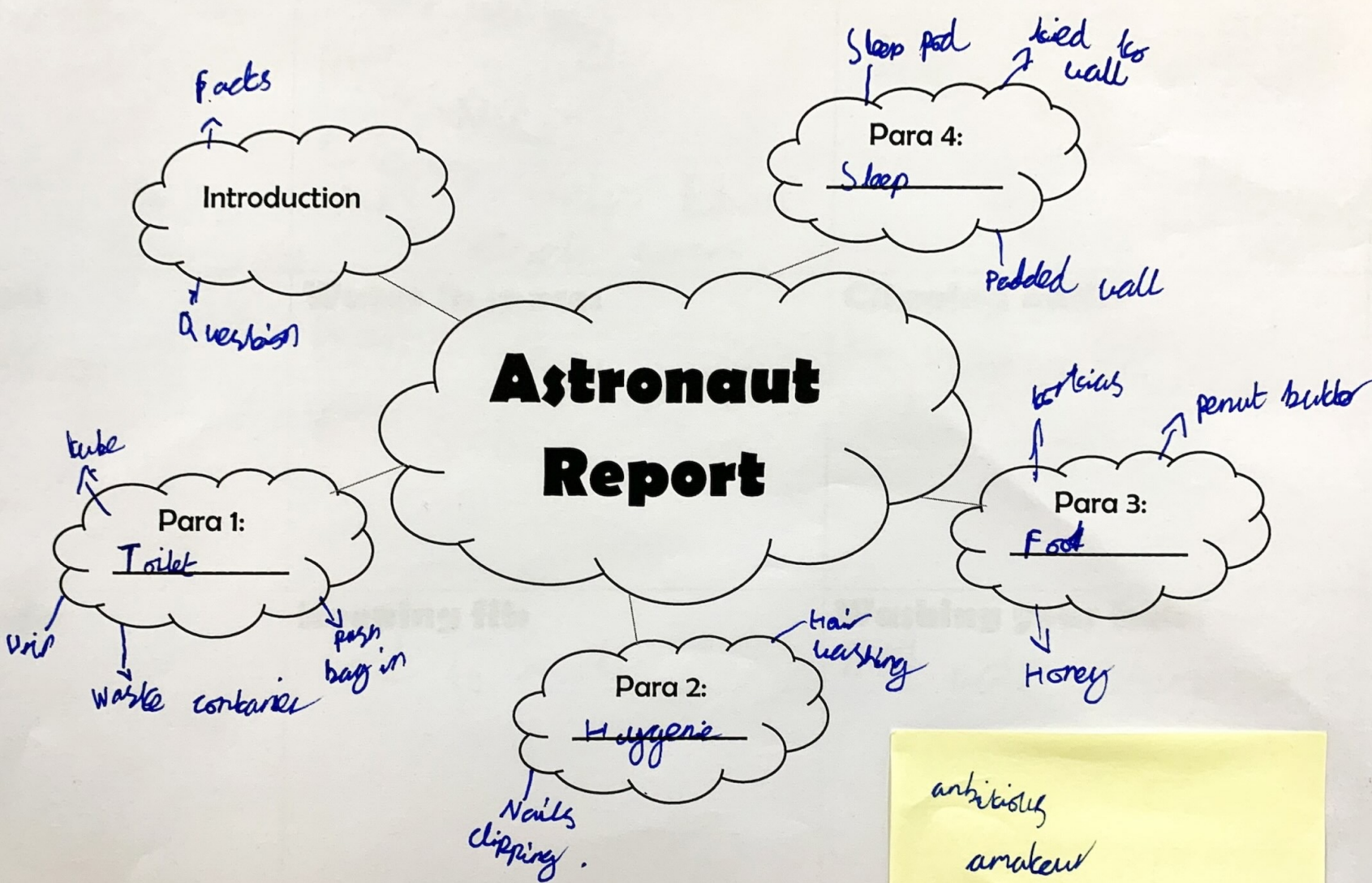
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Notes on the day to day life of an astronaut

Brushing teeth:

water
Swallow the tooth paste

Sleeping:

Sleep pods Padded wall
Sleeping bags lined to the wall

Being ill:

Eating and food:

Dehydrated ^{wipes} package
Tortillas not bread
Don't mould Peanut butter in packets

Water recycling:

Water in bag
Water filter
Cleaner water than on earth
Recycle urine

Eyesight:

Pressure test eye drops
Doctors look
Ultrasound and water

Effects of space on the body:

Eating dessert:

Sealed ^{comes in} package
eat while floating

Water in space:

Water stays in a zero field

Clipping nail:

Air Vent Vacuum too empty
Nails

Haircut:

Washing hand:

Water out of pouch
Soapy water
No rinse water

Keeping fit:

Tied to machine

Washing your hair:

Hot water Shampoo on scalp

Using the toilet

Pump switch Wee in tube
Waste container
Push bag in