

TOP TIPS TO STAY HEALTHY THIS WINTER

TIP #1

WASH AND DRY HANDS REGULARLY.

STOP THE SPREAD OF GERMS.

TIP #2

COVER YOUR NOSE AND MOUTH WHEN YOU COUGH OR SNEEZE.

IF YOU DON'T HAVE A TISSUE, SNEEZE INTO YOUR ELBOW.

TIP #3

STAY HOME WHEN YOU ARE SICK.

PREVENT SPREADING ILLNESS TO OTHERS.

TIP #4

KEEP WARM.

INSULATION, HEATING AND VENTILATION KEEP YOUR HOME WARM AND DRY. CONTACT THE WELL HOMES TEAM WHO MAY BE ABLE TO HELP ON 0800 675 675.

TIP #5

KEEP HOMES AND CARS SMOKE-FREE.

IF YOU SMOKE, WE ARE HERE TO HELP YOU QUIT. CONTACT THE TAKIRI MAI TE ATA REGIONAL STOP SMOKING SERVICE ON 0800 926 257.

TIP #6

GET THE 'FLU' VACCINE TO HELP KEEP YOU WELL.

SOME CHILDREN AND ADULTS CAN GET THE VACCINE FOR FREE. CALL YOUR GP OR PHARMACIST TO FIND OUT.

Regional Public Health

HAUORA Ā IWI KI TE ŪPOKO • O TE IKA A MĀUI
Better health for the greater Wellington region