





Tips for staying Winter Strong:

1. Stay home if you're sick (unless you need to see a healthcare provider)
2. If you must go out when you're sick, wear a mask to prevent the spread of illness to others
3. Most winter illnesses are viral, and your body has a big job to do to fight this infection. Let your body go to work – stay home and rest
4. Wash or sanitise hands often
5. Get vaccinated! Vaccinations provide the best protection against infectious diseases that spread during winter. Make sure you and your family are protected against the flu, MMR, Covid (including boosters), and all childhood immunisations are up to date
6. Get your medications early – order more at least two weeks before you run out to avoid having to wait



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Did you know?

Your local pharmacy can help with advice, medicine or referral for minor health conditions.



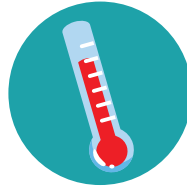
**Acute
diarrhoea**



Headlice



Dehydration



Pain & Fever



**Eye infections
& inflammation**



**Eczema/
dermatitis**



Scabies



**Minor skin
infections**

FREE consultations and **FREE** medicines for eligible patients:

- Māori or Pacific
- Under 14 years of age, or a whānau member of a child with similar symptoms; or
- A Community Services Card holder

Contact your local pharmacy today!