

You can help yourself stay well this winter

- Get the free flu jab or nasal spray if you're eligible*
- Keep warm – put on an extra layer or turn up the heat
- Get help and advice from your pharmacist if you start to feel unwell

**STAYWELL
THISWINTER**

* Free for over 65s, people with long-term health conditions, pregnant women, children aged 2-4, and primary school children.

www.nidirect.gov.uk/stay-well
#StayWellNI

Dr Brendan Colgan, GP.

