

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 a long-term health condition, pregnant women, pre-school children aged 2-4, primary school children and carers at home.

#StayWellNI

www.nidirect.gov.uk/stay-well

