PROTECT YOURSELF AND YOUR FAMILY THIS WINTER

WASH YOUR HANDS FREQUENTLY with soap and water

WIPE SURFACES with a cloth and detergent

COVER A COUGH OR SNEEZE with a tissue, not your hands

EXTRA TIPS

Check on those at greater risk: older people and those who are sick

Wear extra layers including a beanie and scarf

Eat a balanced diet, drink water and stay active

Close the curtains and put a rug on the floor

Check all appliances have been serviced and are in good condition

Visit your GP if you are unwell or your health is worsening.

Pharmacists can also provide advice on treating cold and flu symptoms.

sahealth.sa.gov.au/winterwellness