KEEPING KIDS WELL THIS WINTER

Children are more likely to spread colds and flu, than any other age group

Protect your children and those around them:

- Get them vaccinated
- Keep them home with cold or flu symptoms
- Teach them to wash their hands and cover coughs with a tissue or arm

Flu symptoms can be much more serious in young children, make sure you seek medical attention if you are worried about your child’s health.

For tips on keeping yourself and your family well this winter, visit sahealth.sa.gov.au/winterwellness