DO YOU HAVE A CHRONIC MEDICAL CONDITION?

Visit sahealth.sa.gov.au/winterwellness for Winter Wellness tips

KNOW WHAT TO DO WHEN:

- **Well**
- **Not well**
- **Symptoms worsening**
- **Showing Danger signs**

DIAL 000

Speak to your local GP about how the cold and flu can affect your health condition, and develop a winter action plan.

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