

# Stay well this winter

## Your winter health checklist



**Get the flu jab** – for children, those aged 50 years and older, pregnant women and those with long-term health conditions



**Catch your cough** – help prevent the spread of infection



**Remember your COVID-19 vaccine** – for those eligible for 2nd or 3rd dose/booster



**Think pharmacist** – for over-the-counter remedies and advice



**Stay active** – for your physical and mental wellbeing



**Keep warm** – heat your home to the right temperature and wear layers



**Look after your mental health** – take active steps to ensure you and those around you are ok



**Wash your hands** – at those important times throughout the day

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