

# Be Winter Strong

## Stop the spread this winter

These four Little habits can make a big difference. Keep your family winter strong by regularly practising these simple ways to fight the flu.



### Vaccinate

Get a flu shot and stay up-to-date with other routine vaccinations.



### Good hygiene

Wash hands with soap, especially after coughing or sneezing.



### Stay home

Stay home when you are feeling unwell and keep away from others.



### Wear a mask

Recommended when you can't physically distance and when visiting the doctor.

To find a vaccine service provider visit:

 [ddwmphn.com.au/winter-strong](https://ddwmphn.com.au/winter-strong)

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