

Stay healthy this winter

Follow these six simple steps to reduce the risk of getting sick this winter.

- Wash your hands regularly to reduce infection.
- When you cough and sneeze, cover your nose and mouth with a tissue.
- Go to your doctor if you are sick, save the emergency department for emergencies.
- Get a flu shot.
- Stay at home and keep away from crowded places if you have the flu.
- If you smoke, the best thing you can do for your health is quit. Call the NSW Health Quitline on 131 848.

For more information about your health and NSW health services go to:

www.health.nsw.gov.au

**In Emergency Departments, emergencies always get priority.
Remember, minor illness or injuries may be treated by a local doctor.**

NSW HEALTH