



Stay well this winter



Get your free flu vaccine at the GP.



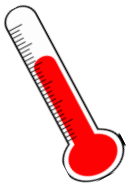
Drink plenty of fluids each day to stay hydrated.



Keep active – try not to sit still for longer than an hour at a time.



Wear many thin layers of clothes to stay warm.



Heat your home to at least 18°C to stay warm and healthy.



Ask a health professional for help when you feel ill, don't wait.

Find more tips online at www.nhs.uk/staywell/



For medical advice call 111 or for nursing support call your Luton community team on

0333 405 3000