


WINTER CHECKLIST

Brought to you by MidCentral DHB

Be ready before winter blows in

- Warm your home**
For tips, both big and small:
www.energywise.govt.nz 
- Quit smoking**
Help is available:
0800 778 778 
- Get your flu vaccine**
Available at your GP and selected
pharmacies: www.fightflu.co.nz 
- Asthma plan**
Check you have one and
it's up-to-date 
- Prescriptions**
Check they are up-to-date and
they are still working for you 

Things to do every day to keep sickness at bay

Wash your hands
Twice as often as you think you should 

Keep up your fluids
Just like your car - you can't run on empty 

Keep yourself active
30 minutes or 3 x 10 minutes a day 