PUT YOUR HEALTH FIRST THIS WINTER

Stay healthy, avoid getting sick or injured and know where to find care when you need it.

There are simple ways to take care of your body and make smart choices.

- Prevent slips and falls
- Stay active and play safe
- Ensure winter road safety
- Vaccinate and protect
- Practise good respiratory hygiene
- Know your care options

Scan to learn more or visit **vch.ca/WinterCare**

Your well-being is important.
Taking care of yourself is the best way to stay healthy.

British Columbia Pharmacy Association | Divisions of Family Practice An FPSC initiative | doctors of bc Better. Together. | LifeLabs | Providence Health Care How you want to be treated. | Vancouver Coastal Health