PUT YOUR HEALTH FIRST THIS WINTER

Keep yourself healthy, avoid getting sick or injured and know where to seek care when you need it.

Visit **vch.ca/WinterCare** or scan the QR code for more information on winter health and wellness, including how to:

- **Prevent slips and falls**
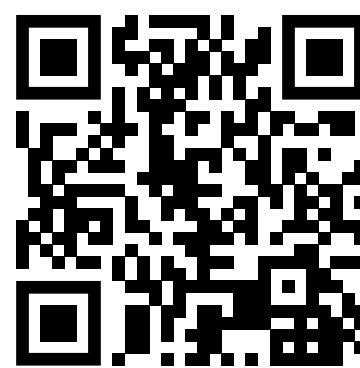- **Keep up-to-date with vaccinations**
- **Stay active and play safe**
- **Practise good respiratory hygiene**
- **Ensure winter road safety**
- **Find the right medical care**

Your health and well-being matter most.
We are ready to take care of you and keep you 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