

GIVE YOUR
NHS + HAND
THIS WINTER



Look after yourself this winter

- **Get your flu and COVID-19 vaccinations**
- **Stay warm by wearing several layers of light clothing**
- **Need mental health support?**
You can find services online to help you

If you need help to keep well this winter, or help registering with or contacting a GP surgery, speak to your support worker.

winterwellnorfolk.waveney.co.uk

PROTECT YOURSELF. PROTECT LOVED ONES. PROTECT EVERYONE.

