

Stay healthy during the colder months with this checklist:

Nourishing your body

- Eat a varied diet that includes lots of fruit and vegetables
- Drink lots of water
- Keep moving with regular exercise
- Stay warm when you go outside

Managing COVID-19

- Check that you are up to date with your COVID-19 and flu vaccinations. If you'd like to receive these vaccinations at home, please contact: Kim – 0438 260 572 (English); Oznur – 0410 521 009 (Türkçe and English); or Madeeha – 0433 229 143 (Urdu and English)
- If you're in a busy or poorly ventilated area, consider wearing a face mask
- Catch up outdoors where you can to help reduce the spread of COVID-19
- Practise social distancing where possible
- If you're feeling unwell, test for COVID-19 with a Rapid Antigen Test
- If you test positive to COVID-19, make sure to report your test result and self-isolate in line with current regulations. You can access food relief while in isolation by calling 9240 1111

Seeking medical help

- See your doctor if you need to
- Don't put off your regular checks if you're due, and make sure to book ahead

Supporting your mental health

- Check in with your mental health. Call a friend or family member to stay connected, or book in to see a psychologist for extra support
- Services such as Beyond Blue 1300 22 4636 or Lifeline 13 11 14 are there to help too

Around the house:

- Have your heater serviced every two years to avoid the risk of carbon monoxide poisoning

Stay safe, Moreland. Be kind, and look after each other.

Book your appointment today. Scan here to book for a:



COVID vaccine



Flu vaccine



Doctor's appointment



My Winter Wellness Checklist

June

This month I will look after my health by...

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July

This month I will look after my health by...

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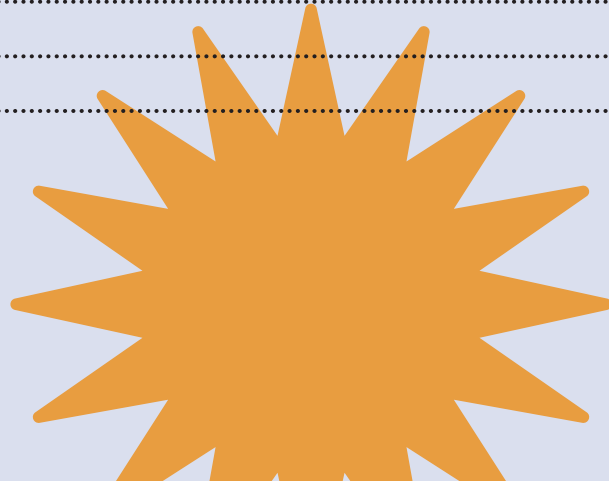
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August

This month I will look after my health by...

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