

My Wellness Checklist

These are some of the things I can do to maintain my wellness this winter:

- Get my COVID-19 vaccine
- Get my flu shot
- Stay at home if I'm feeling sick
- Mask up if I'm in crowds and can't maintain physical distancing
- Cough or sneeze into my sleeves instead of my hands
- Wash my hands for at least 20 seconds and don't touch my mouth or face
- Speak to a health care professional if I have questions or concerns



First Nations Health Authority
Health through wellness

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