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.