



EBOOK

STAY HEALTHY THIS WINTER

SIMPLE WAYS TO PROTECT
YOURSELF AND YOUR LOVED ONES
THIS SEASON

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WHY WINTER WELLNESS MATTERS

WHY IT'S IMPORTANT TO STAY AHEAD OF WINTER ILLNESS

As temperatures drop, our immune systems can take a hit. With the flu, colds, and other seasonal bugs on the rise, it's more important than ever to look after your health. This guide shares easy, practical steps to stay well, support your immunity, and know when to turn to your friendly local pharmacy for help.



PROTECT YOURSELF WITH THE FLU VACCINE

THE FLU SHOT: YOUR BEST DEFENCE THIS WINTER

The flu vaccine is one of the most effective ways to protect yourself and your family from serious illness.

- Available at Booval, Nundah, and Sandgate Pharmacies
- Safe, quick, and suitable for most adults and children from six months old
- Helps reduce hospitalisation and spread to vulnerable people

SCAN ME



Scan the QR code and book
your flu vaccination today!



HEALTHY HABITS TO PREVENT ILLNESS

EVERYDAY HABITS THAT MAKE A BIG DIFFERENCE

- **Wash hands** regularly with soap and water
- **Cover your coughs and sneezes** with the inside of your elbow
- **Stay home when unwell** to protect others
- **Avoid touching your face** when out and about

These small actions add up to big protection for you and your community.



STRENGTHEN YOUR BODY NATURALLY

BOOST YOUR IMMUNITY FROM WITHIN

A strong immune system is your best ally during winter. Support it with:

- **Regular exercise** to stimulate circulation
- **A balanced diet** full of vegetables, lean proteins and whole grains
- **Plenty of water** - hydration is key, even in cool weather
- **Good sleep** - aim for 7–9 hours of quality rest
- **Supplements** like Vitamin C, Zinc, and immune boosters (ask your pharmacist first!)



YOUR PHARMACIST CAN HELP

PERSONALISED SUPPORT, JUST AROUND THE CORNER

Your pharmacist is an accessible, knowledgeable health partner who can help you:

- **Manage medications** safely and effectively
- **Choose the right cold & flu** products
- **Select supplements** that actually work
- **Get flu shots and other health services** - no appointment needed!



**COME IN AND
SPEAK TO A
PHARMACIST
TODAY**

JOIN OUR MEMBERS PROGRAM & SAVE 50%

UNLOCK EXCLUSIVE HEALTH REWARDS

Become a FriendlyCare Member and enjoy:

- ✓ **\$10 welcome credit**
- ✓ **Exclusive members-only offers**
- ✓ **Earn Carepoints + rewards**
- ✓ **Access to members-only competitions**

Scan the QR code and join today!



**USE CODE
50OFF WHEN
YOU JOIN
TODAY**

FINAL TIPS & THANK YOU

TAKE CARE THIS WINTER — YOU'VE GOT THIS

Winter doesn't have to mean getting sick. You can stay well and enjoy the season with a little preparation and the right support.

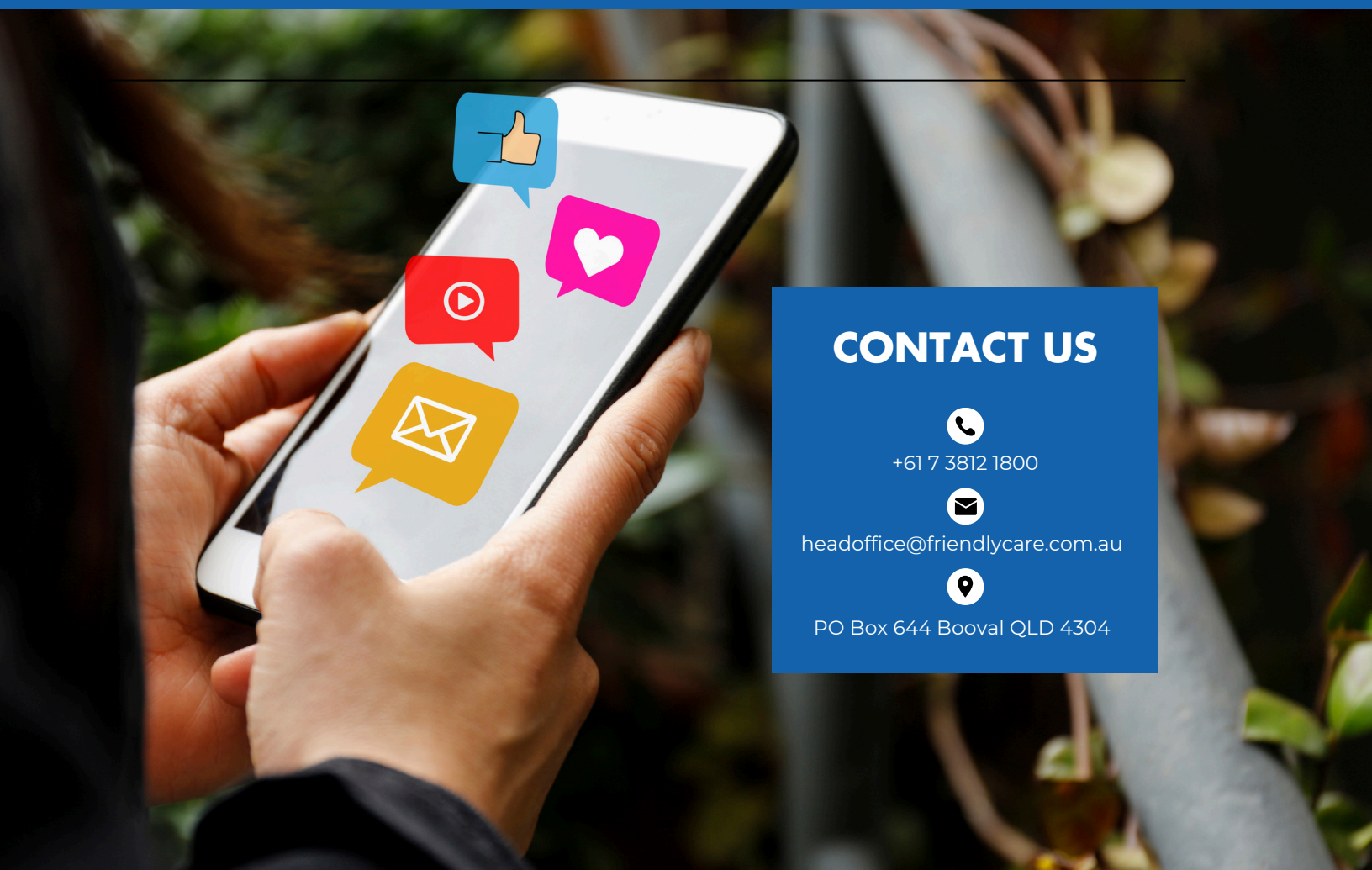
Need help? Visit your local **FriendlyCare Pharmacy** for advice, vaccinations, supplements, and support from a team that truly cares.



This eBook is intended to provide general health and wellness information only. It does not constitute medical advice and should not be relied upon as a substitute for consultation with a qualified healthcare professional. Always speak with your pharmacist, GP, or healthcare provider regarding your health needs before starting any new treatment, supplement, or health plan.



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