

GOO'D HEALTH

starts at

WORK

**"If I can't work,
I don't get paid."**

If you are self-employed,
the last thing you need is
catching the flu and having
time off sick.

Staying up-to-date with your
vaccinations is a good way
of keeping well at work this
winter. Book an appointment
with your GP or speak to a
pharmacist.

If you do become unwell,
keeping a well-stocked
medicine cabinet at home
can help you self-care while
you are feeling poorly.



Find out more
here about
how good
health can
start at work.

