PREVENTION
IS BETTER THAN CURE

1 **Keep on top of** your health issues to prevent the need for urgent care.

2 Don't let your **prescriptions** run out or **immunisations** lapse.

3 Don't leave things too late. **Book that appointment** with your general practice team. They have a range of health professionals to help you.

4 **Not enrolled with a GP?** Contact Central PHO (Primary Health Organisation) on 0800 55 56 57. Do it now, don't wait until you or family is unwell.

5 **Wash your hands.** Keeping hands clean is one of the most effective ways to prevent the spread of illness within your family and your community.

6 **Don't share your bugs –** cover your mouth when coughing or sneezing, use tissues, stay at home.

Quality living—healthy lives

www.midcentraldhb.govt.nz

MidCentral District Health Board
Te Pae Hauora o Ruahine o Tararua