First Nations Health Authority
Health through wellness

Fall and winter wellness

Caring for you and your community this season

FALL INTO WELLNESS

Make your body and mind strong

Connect with loved ones
Meet with a friend, relative or join community activities.

Move in ways you enjoy
Walk, hike, drum, or dance, any movement is medicine.

Eat good food
like berries, fish and traditional foods.

LET THE LEAVES SPREAD, NOT GERMS

Keep your hands and things clean

Wash your hands often
with soap and water or hand sanitizer.

Cover your coughs
or sneezes with your elbow or a tissue.

Clean and disinfect
things that you touch a lot, like phones and handles.

Take extra care
around those who can get more sick:

Babies

Elders

Pregnant people

People with health conditions

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LAYER ON THE PROTECTION

Protect as we gather more indoors

Consider vaccines for flu, COVID-19, and RSV if you are eligible.

Vaccines help prevent illness or reduce how bad it gets, so you can be well for family and community events.

Talk to a health provider or call 8-1-1 to learn more about vaccines.

REST IF YOU ARE UNDER THE WEATHER

Stay home if sick, call if you feel worse

Nurture your wellness with rest and activities like beading or journaling.

Drink lots of water Take fever medicines if needed.

Wear a mask if you must go out or be around others (e.g. medical visit).

Contact a health care provider if your symptoms get worse, including:

- trouble breathing
- chest pain
- fever that doesn't go away

Learn more at FNHA.ca