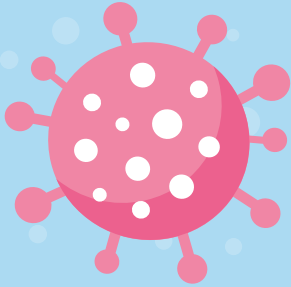


**TOGETHER  
WE CAN**

*protect each other*

**NHS**



# Stay well this winter



As the NHS deals with the busiest winter in its history, we can all play our part to protect ourselves and those around us.

For self-care tips and more information on local services visit [togetherwe-can.com](https://togetherwe-can.com)

West Yorkshire  
Health and Care Partnership

