



HOW DO YOU STAY HEALTHY?

Calling 6-11 year olds in east Suffolk!

We want colourful pictures to help other people in Suffolk think about on how to look after themselves especially over winter, when your doctors and nurses are very busy.

These are two ideas to get you going. You might have better ideas on how you keep well.

- Protect yourself by having an injection to stop flu, which is a nasty virus that can keep people in bed for weeks.
- Washing your hands often with warm water and soap stops germs being passed on to other people. Doctors and nurses say that you should sing "Happy Birthday To You" twice to kill off germs that make people sick.

You may want to include writing or just have pictures on your poster.

Posters must be A4 (210mm x 297mm) and can either be drawn or painted using pens, pencils, crayons and paints (no glue and glitter, please). Please do not include photos of you or other personal information on the front of your poster.

Your full name, age and school address clearly written on the back of your poster.

If your poster is a winning entry, it might be used in newspapers on big posters and leaflets across Ipswich and east Suffolk.

Entries can be from individuals or from your whole class or school.

The closing date for entries is **Friday 17th November 2018.**

Please post your entry to: **Poster Competition, FAO Lois Bull, Ipswich and East Suffolk CCG, Endeavour House, 8 Russell Road IP1 2BX**

Rules and Prizes:

- Competition open to children between the ages of 6 and 11
- Winners will be chosen in two groups – ages 6-8; ages 9-11;
- Only one entry per child - multiple designs may be submitted by teachers and parents but only one poster per child is allowed
- Two winning poster designs will be chosen in each category
- The winners will be announced on Friday 24th November
- The winning posters will be on the Ipswich and East Suffolk CCG website and used in publicity campaigns
- Certificates will be given to the winners.
- By entering this competition, entrants give copyright of their poster to Ipswich and East Suffolk CCG
- Entries cannot be acknowledged or returned.

Find out more by going to:

www.ipswichandeastsuffolkccg.nhs.uk



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facebook.com/NHSIpswichandEastSuffolkCCG

USEFUL ADVICE

Stay Well This Winter <https://www.nhs.uk/staywell/> has lots of helpful information for people to look after themselves over winter.

Health advice and information can also be found on the Ipswich and East Suffolk CCG website
www.ipswichandeastsuffolkccg.nhs.uk