

Do you get a lot of colds, flu or similar infections?

or

Do you have a health condition that puts you at higher risk
if you get these types of infections?

The University of Southampton is doing a research study to see if nasal (nose) sprays and websites that help you be more active and reduce stress can help people get **fewer and less severe infections**.

What would I need to do if I took part?

If you are interested, please speak to your doctor or nurse who will give you more information.