



Exercise and Eat well



Keeping active and eating well will help your physical and mental health.

Learn more about NHS and local services.



A little first aid knowledge and knowing where to go for help can prevent health problems from getting worse. The NHS is here for you.

Flu



Flu is a highly infectious disease and can lead to serious complications for vulnerable people. If you are invited by your GP surgery to have the vaccine, please take up the offer.



Ensure you stay safe and warm



- Try to stay active
- Keep your home heated to at least 18c, have hot drinks & meals
- Think about footwear – ‘Grippy not slippy’ can help avoid falls, trips & slips



Review your medicine cabinet & prescriptions



Many minor ailments can be treated at home using your medicine cabinet. Regularly check any prescriptions to ensure you have what you need.

Awareness



Keep up with national and local developments. Use trusted sources of information i.e. www.gov.uk and www.nhs.uk



Check in on yourself

We can't care for others if we are not feeling at our best. For tips and support, visit: www.nhs.uk/oneyou/every-mind-matters/



See your pharmacist before it gets worse.

If you or a member of your family start to feel unwell, talk to your pharmacist. They can provide advice on a range of ailments.



Self care can help you and your loved ones stay well this winter