

We are here  
to help you  
stay well  
this winter.

Things you need to do  
to stay well this winter

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**HELP US  
HELP YOU**

**STAY WELL THIS WINTER**

EasyRead version



# Stay well this winter



Winter weather can be bad for your health.



You are more likely to get ill if:



- you are 65 or over

or



- you already have a health problem.



This leaflet tells you about the things you can do to help you stay well this winter.



This is an easy read version of another leaflet about staying well in winter.



You may like to have someone to support you when you look at this leaflet.

## See your pharmacist if you are feeling ill



If you are feeling ill go and see your pharmacist as soon as you can.



Even if you have just a cough or a cold they can help you before it gets more serious.



This can be the best and quickest way to help you get better.



If you can't get to a pharmacist ask someone to go for you.



Or you can telephone your pharmacist.

## Get your flu jab



People often get flu in winter.



Flu can lead to more serious illnesses so it is good to protect yourself.



The best way to help protect yourself against flu is to get the flu jab.



You can get a free flu jab if you are 65 or over or already have a health problem.



If you are 65 or over you can also get another jab for diseases like pneumonia.



And if you have young children or grandchildren they may also be able to get the free flu nasal spray.



And if you care for an older person or a person with disability you may be able to get a free flu jab.



Your GP or pharmacist can tell you more about this.



You can also find out more about the flu jab at **[www.nhs.uk/getflujab](http://www.nhs.uk/getflujab)**

## Keep warm



Staying warm when you are indoors or outdoors can help stop you getting:



- colds



- flu



- serious health problems or diseases.

## 6 ways to stay warm



1. Heat your home to at least 18°C (65°F) if you can. You might prefer your main living room to be a bit warmer than this.



2. Keep your bedroom window closed on cold nights so you do not breathe cold air.



3. Move around indoors and try not to sit still for more than 1 hour.



4. Wear lots of layers of thin clothes.



5. Find out how you could pay less to heat your home at [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm)



6. Get someone to check your cooker and heaters are safe. Make sure they are registered with Gas Safe.



You can find out more about this at [www.gassaferegister.co.uk](http://www.gassaferegister.co.uk)

# Check your medicine cabinet



You can ask your pharmacist what medicines you should have at home to get through the winter.



They can tell you about the right medicines to take for illnesses, like cold, coughs, sore throats or earache.



So talk to your pharmacist about the best medicines to take.



If you are ill the best thing you can do to feel better is:

- rest



- drink lots of liquids



- have at least one hot meal each day



- take the tablets you have been recommended.

# Prescriptions



Make sure you have all the medicines you need before your pharmacy or GP practice closes for Christmas.



If you are given any antibiotics or other medicines, remember to take them as your GP or pharmacist tells you.



You can also order your repeat prescriptions and make GP appointments online using the NHS App.



You can get the NHS App from the App Store or Google Play.



You can find out more at [www.nhs.uk/nhsapp](http://www.nhs.uk/nhsapp)

## Look out for other people



Remember to keep in touch with your older friends, family and neighbours over the winter.



Ask if they are feeling OK and if they need any help.



If the roads and pavements are icy, older people might not be able to get out.



Make sure they have enough food for a few days.



If older people have to go out in the cold they should wear:

- shoes with a good grip
- a scarf around their mouth to stop the cold air getting in.



And make sure they have all the medicines they need before the Christmas holidays start.



If they need help over the holidays when their GP or pharmacy is closed they can contact **NHS 111** by phone or online.



By answering a few questions they will be told what to do and where to go.



You can also look on the NHS website at **[www.nhs.uk](http://www.nhs.uk)**

## 5 things to remember



1. Get a flu jab.



2. Heat your home to at least 18°C (65°F) if you can.



3. Find out about help to pay for your heating at [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm)



4. Go to your local pharmacist as soon as you start to feel ill.



5. Check on other people who might need extra help in the winter.

Write down your local pharmacy  
phone number here:



And write down things you need  
to remember to do for winter:

## Where to go for the right medical care



### Phone or go online to NHS 111

If you need help and advice but it is not an emergency you can go to **NHS 111**.

To contact **NHS 111** you can:



- go online to **111.nhs.uk**

or



- phone **111**.



By answering a few questions about what is wrong you will be told what to do and where to go.

## Contact your GP or pharmacy



If it is less urgent you can contact:

- your GP



- your local pharmacist.



You can also get advice at  
**[www.nhs.uk](http://www.nhs.uk)**



If it is a real emergency and life threatening then you can call **999**.



## To find out more

For more information and advice go to **[www.nhs.uk/winteradvice](http://www.nhs.uk/winteradvice)**

This leaflet is also available in this and other formats from the website.

Or by emailing  
**[partnerships@phe.gov.uk](mailto:partnerships@phe.gov.uk)**