

We are here to help you stay well this winter

Things you
need to
do to
stay well



Your
health
matters

Help us
help you

Stay well this winter



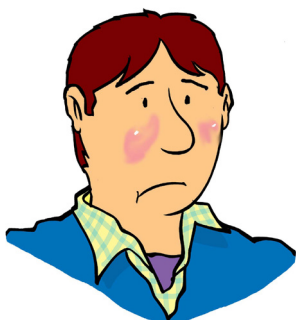
Winter weather can be bad for your health.



You are more likely to get ill if you already have a health problem or are 65 or over.



This leaflet tells you about the things you can do to help you stay well this winter. It is an easy read version of another leaflet.



If you are ill or worried about your health, it tells you how you can get the help and care you need, safely.

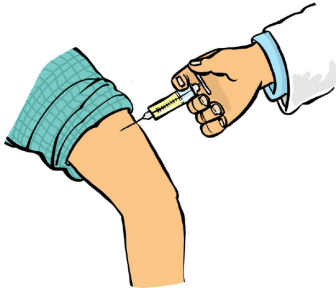


You may like to have someone to support you when you look at this leaflet.

Get your flu and coronavirus vaccinations (jabs)



Some people, including people with a learning disability, can get very ill if they get flu or coronavirus (also called Covid-19).



The best way to help protect yourself against flu and coronavirus is to have your flu and coronavirus vaccinations (jabs).



The vaccines are free if you have a learning disability, are 65 or over, already have a health problem or are pregnant.



If you care for someone who is older or disabled, you may also be able to get the free flu and coronavirus jabs.

How to get your vaccinations (jabs)



The NHS may invite you by text, email, letter or through the **NHS App** to get your flu and coronavirus vaccines.



Don't worry if you don't get an invite – you can book an appointment to get your vaccines anyway.



We tell you how to book an appointment in the following pages.



Remember, getting your flu and coronavirus vaccines are 2 of the best things you can do to help keep you and others around you safe this winter.

How to get your coronavirus vaccination (jab)



You can book your coronavirus vaccine by calling **119**, through the **NHS App** or by visiting the website at **www.nhs.uk/get-vaccine**



You can also find out if there is a vaccination site near you where you can have your vaccine without booking an appointment by calling **119** or at **www.nhs.uk/vaccine-walk-in**



You can find out more about the coronavirus vaccine (jab) in the easy reads at **bit.ly/C19EasyRead**

How to get your flu vaccine (jab)



You can book your flu vaccine at your doctors' surgery, at a pharmacy, by calling **119**, through the **NHS App** or at **www.nhs.uk/book-a-flu-vaccination**



If you have young children or grandchildren, they may be able to get the free flu nasal spray.

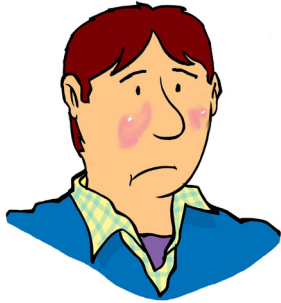


If you are 65 or over or have certain health problems, you can also get another jab for diseases like pneumonia.

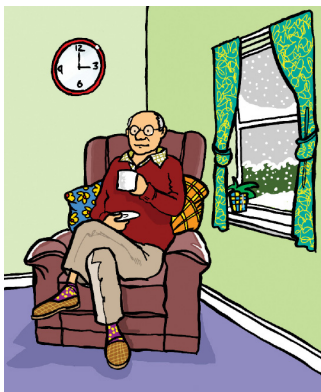


Your doctor or pharmacist can tell you about the flu vaccine or you can find out more in the easy read leaflet at **www.nhs.uk/flu vaccine**

How to avoid giving flu and coronavirus to others



Symptoms of flu or coronavirus could be a high temperature or not feeling well enough to do things you normally do.



If you think you have flu or coronavirus, you should:

- try to stay at home if you can to keep away from other people
- try and keep away from people who are likely to become very unwell if they get flu or coronavirus



- tell people who need to come into your home that you have symptoms of flu or coronavirus.



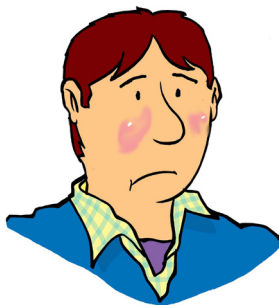
If you are worried about your symptoms or they get worse, call your doctors' surgery or contact **NHS 111** by phone or online.

We tell you more about how to do this at the end of this leaflet.

Treatments for coronavirus



The NHS offers treatments to people who get coronavirus and might get very ill.



If you can have treatments, you should keep some coronavirus test kits at home to use if you get symptoms.



If you have any signs of coronavirus, however mild, you should take a test.

If the test shows you have coronavirus, you should call your doctors' surgery, hospital specialist or **NHS 111** as soon as possible.



We tell you more about how to contact NHS 111 at the end of this leaflet.

If the test says you don't have coronavirus, you should do a test a day for the next 3 days.



You can find out more at www.nhs.uk/CoronavirusTreatments

What to do if you are feeling ill and it is not flu or coronavirus



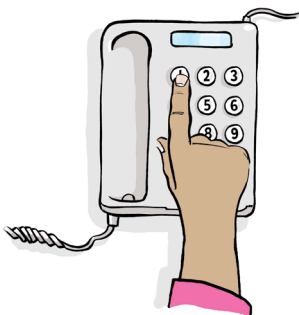
If you are feeling unwell, the sooner you find out what is wrong the better.



Your local pharmacist can help with minor illnesses like colds or earache and tell you what medicines to take.



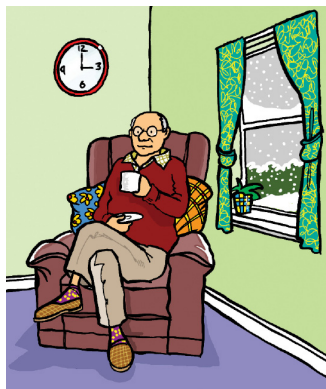
You can have an appointment with your doctor by phone and online. If they need to see you, they will tell you what to do.



If you need help fast, you can contact **NHS 111** by phone or online.

We tell you more about how to do this at the end of this leaflet.

What you can do at home if you are ill



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

- rest and keep warm



- drink lots of liquids



- have at least one hot meal every day



- take the tablets you have been told to take.



Remember, if you have a learning disability you can have an **NHS Annual Health Check**. Speak to your doctor or key worker to book one.

Your pharmacist and prescriptions



You can ask your pharmacist what medicines you should have at home in case you get poorly during the winter.



Make sure you have all the medicines you need before your pharmacy or doctors' surgery closes for holidays.



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



You can order prescriptions by visiting or phoning your doctor or pharmacy, or by using the NHS app. A list of NHS approved apps is at www.nhs.uk/approvedproviders



You can also order your repeat prescriptions and make doctors' appointments using the NHS App. Find out how to get the NHS App from the App Store or Google Play at www.nhs.uk/nhsapp

Keep yourself and your home warm

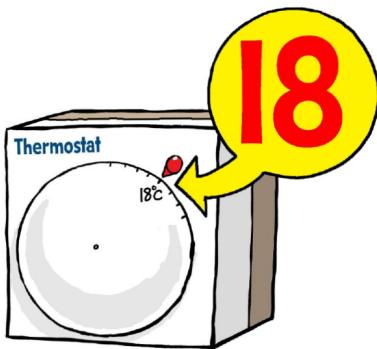


In the winter, it is important you keep warm when you are inside or outdoors.



This can help stop you getting colds, flu and more serious health problems. This is very important if you have a learning disability or an underlying health problem.

Make sure you:



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 in cold air.



3. Wear lots of layers of thin clothes.



4. Make sure you are eating enough and having hot drinks.



5. Try to reduce draughts by pulling the curtains and using draught excluders.



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

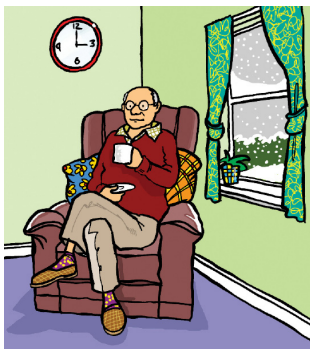


You can find out more about this at www.gassaferegister.co.uk

Safety at home



Make sure your home is safe to live in.



Move any rugs or cables you could trip over and think about putting a night light by your bed.



Most fires in the home start by accident.



It is important to find out what you can do to stop fires starting and keep safe.

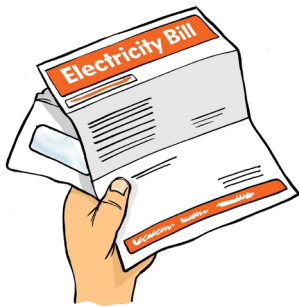


You can find out what you need to do by answering a few questions about you and your home on this free online home fire safety check at www.ohfsc.co.uk

Help paying bills



Make sure you are getting all the help you are entitled to this winter.



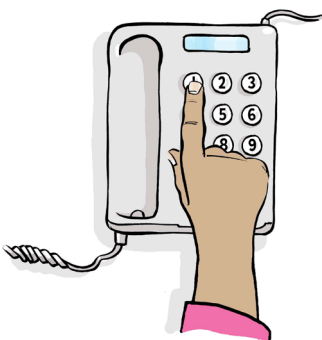
This could be benefits or a grant to heat your home more cheaply or help pay your energy bills.



There is also help with the cost of living, especially if you do not earn much money or are on benefits.



You can find out more about how to save money on energy bills at www.helpforhouseholds.campaign.gov.uk



For more information, you can call **0800 169 6565** or visit www.AgeUk.org.uk

Keep active



Keeping active can help you keep well and not get depressed.



It does not matter what you do as long as you are moving.



Move around indoors and try not to sit still for too long.



You could do something you enjoy like dancing, yoga or gardening.



You can find out more about keeping active at www.nhs.uk/keepactive

Help with your mental health



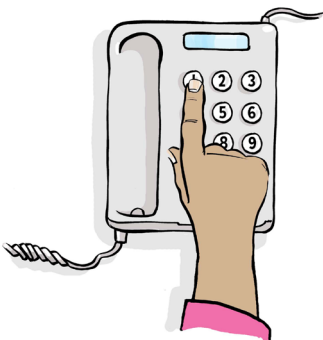
Everyone feels a bit down from time to time.



If you are not feeling as good as normal, you can speak to your doctor who can tell you who can help you.



If you have a serious mental health problem, you can have an **NHS Annual Health Check**. Speak to your doctor or key worker to book one.



You or a loved one can also get help from a local NHS mental health helpline. You can find their number at **www.nhs.uk/urgentmentalhealth**

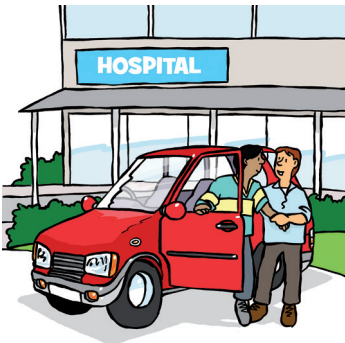
Handwashing



Washing your hands properly with soap and water is one of the easiest ways to not get winter illnesses like flu and coronavirus.



It also helps stop spreading winter illnesses to other people.



It is very important to wash your hands when you are visiting someone in hospital or another healthcare place, like your doctors' surgery.

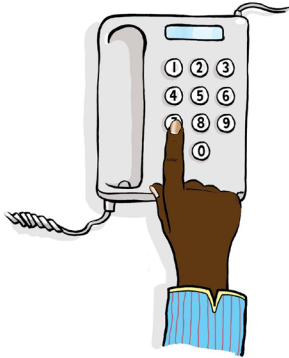


If you cannot wash your hands, use an alcohol-based hand sanitiser.



You can find out more about this at www.nhs.uk/handwashing

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.



Make sure they have enough food for a few days.



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

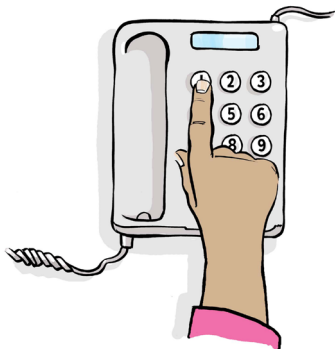


If the roads and pavements are icy, some people might not be able to get out.



If they 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.



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

We tell you more about how to do this at the end of this leaflet.

Where to go for the right medical help



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

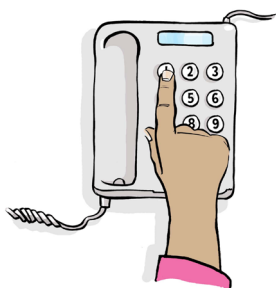
Phone or go online to NHS 111

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**



- phone **111**

or



- use the **NHS App**. Find out how to get the NHS App from the App Store or Google Play at **www.nhs.uk/nhsapp**



If contacting **NHS 111** you should tell them you have a learning disability. By answering a few questions about what is wrong, you will be told what to do next.

Contact your doctor or pharmacy



If it is less urgent, you can contact:

- your local pharmacist

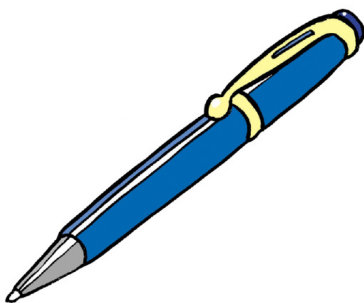


- your doctor.



You can also get advice at
www.nhs.uk

Write your local pharmacy and
doctors' surgery phone numbers here:



To find out more



For more information and advice,
go to **www.nhs.uk/staywell**

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

Or you can email
england.campaigns@nhs.net