

# 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

EasyRead version

# 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 condition 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 coronavirus booster and flu vaccinations (jabs)



Some 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 coronavirus and flu is to have your flu and coronavirus booster vaccinations (jabs).



The vaccines are free if you have a learning disability.



You can also get the free flu and coronavirus vaccines if you are 50 or over, already have a health problem or are pregnant.



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 booster vaccine (jab)



The NHS will send you a text or email when it is your turn to have your coronavirus booster vaccine.



You can then book your vaccine by calling **119** or by visiting the **National Booking Service** at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)



You can also visit the website or call **119** to find a local vaccination walk-in site and have your vaccine there and then.



You can find out more about the booster and coronavirus vaccine (jab) in the easy reads at [bit.ly/C19EasyRead](https://bit.ly/C19EasyRead)

# How to get your flu vaccine (jab)



You can have the flu vaccine at your doctors' surgery or at a pharmacy.



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



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



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



Your doctor or pharmacist can tell you about the flu vaccine or you can find out more in the easy read leaflet at [nhs.uk/flu-vaccine](https://www.nhs.uk/flu-vaccine)

## If you think you have coronavirus



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



If you think you have any signs of coronavirus, you should try and stay at home as much as possible.



You should also try and keep away from other people, especially people who are likely to become very unwell if they get coronavirus.



## When to get medical help

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



In an emergency, go your nearest **Accident & Emergency (A&E)** straight away or call **999**.

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

# How to avoid giving coronavirus to others



If you have coronavirus you should:

- try to stay at home if you can to keep away from other people
- keep away from people who are likely to become very unwell if they get coronavirus for 10 days



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



- ask friends, family or neighbours to get things for you like food or medication



- if people have to come into your home, open windows before they arrive and, if possible, leave them open while they are in your home.

## Treatments for coronavirus



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



People who can have treatments will have been sent a letter from UKHSA explaining what they have to do and some coronavirus test kits.



If you can have treatments and you think you have coronavirus, you should take a test and report it by calling **119** or at **nhs.uk/coronavirus**

You can also order more test kits at **119** or on the same website.



If you have coronavirus, the NHS should then contact you in a day. If you do not hear anything, you should contact your doctors' surgery or **NHS 111**.



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



# What to do if you are feeling ill and it is not 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. If you cannot get to a pharmacy, you can phone them or ask someone to go for you.



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 go to **NHS 111** by phone or online.

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

# Keep warm

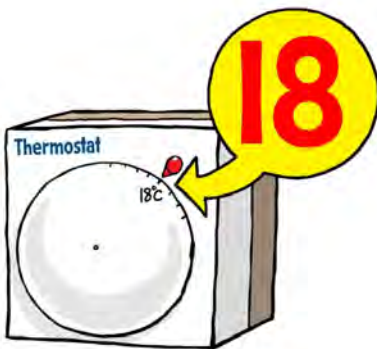


In the winter it is important you keep warm when you are inside or outdoors.



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 condition.

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 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.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk)



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)

# Fire safety at home



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.



To do a free online home fire safety check, visit **[www.ohfsc.co.uk](http://www.ohfsc.co.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.



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



You can find out more about keeping active at [www.nhs.uk/keepactive](http://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.



You or a loved one can also get help from a local NHS mental health helpline. You can find their number at [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth)

## Make sure you have the right medicines



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



They can tell you about the right medicines to take for illnesses like colds or earache.

## 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 each day



- take the tablets you have been told to take.

# Handwashing



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

Wash your hands for 20 seconds more often, especially when you:



- get home or into work



- blow your nose, sneeze or cough



- eat or touch food.



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



# Prescriptions



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.



As well as going in or phoning your doctor or pharmacy, you can order prescriptions from their websites or use an NHS-approved app. Find out more at [www.nhs.uk/approvedproviders](http://www.nhs.uk/approvedproviders)



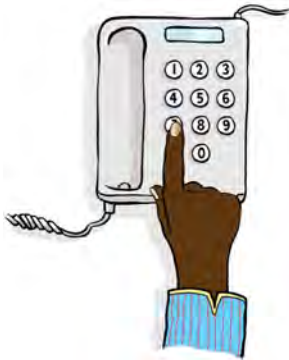
You can order your repeat prescriptions and make doctors appointments using the NHS App. You can get the NHS App from the App Store or Google Play.

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



Ask a friend, relative or volunteer to collect medicines for you.

## 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 you have to go out in the cold wear:

- shoes with a good grip
- a scarf around your 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.**

## 5 things to remember



1. Get your flu vaccination (jab).



2. Get your coronavirus booster vaccination (jab).



3. Find out about help to pay for your heating at [www.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk)



4. If you start to feel ill contact **NHS 111** by phone or online.



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

# 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**



or

- phone **111**.



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



You can find out more about **NHS 111** in the easy read at **nhs.uk/111**

## 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](http://www.nhs.uk)**

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



## How to contact 119

If you need to contact **119** for any of the reasons we have told you about in this leaflet:



- go online to **[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)**

or



- phone **119**.

If you are worried about your symptoms, phone **111** or go to **[111.nhs.uk](http://111.nhs.uk)**

## To find out more



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

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

Or you can email **[partnerships@phe.gov.uk](mailto:partnerships@phe.gov.uk)**