

Stay Well this winter

Winter weather can be seriously bad for our health. Being cold can aggravate existing conditions and raise the risk of increased blood pressure, heart attacks and strokes. However, there are lots of things you can do to stay well this winter.

- **Get expert advice from your pharmacist**
If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice on the best treatment from your local pharmacist.
- **Make sure you get your free flu jab**
Flu is a highly contagious and can cause serious complications for at risk groups. Adults over 65; those with long-term health conditions; children aged two to eight; carers and pregnant women may all be eligible for a free flu vaccination – ask your GP practice today.
- **Stock up your medicine cabinet**
A well-stocked medicine cabinet can help you treat common winter ailments such as coughs, colds, sore throats and sickness bugs at home and will save you going out if you feel unwell. Ask your pharmacist about essential medicines to keep at home.
- **Keep warm**
Keeping warm, both inside and outdoors, over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.
- **Get the right help**
Make sure you're receiving all the help you are entitled to. Learn how to make your home more energy efficient and take advantage of financial schemes to keep up with energy bills.
Visit www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell for details.

For further information on staying well this winter visit www.nhs.uk/staywell