



KEEPING WARM AND WELL THIS WINTER

Even the healthiest people can become ill in winter and more accidents happen when it's cold and dark. One of the best ways of keeping yourself well during winter is to stay warm.

During the winter months remember to eat well, stay active keep your home warm, wrap up warm (inside and outside), look out for the elderly friends and neighbours.

If you catch a cold or flu this winter remember to catch it, bin it or Kill it!

Put dirty tissues in the bin immediately after use

Preferably flush used tissues in the toilet if situation permits.

Always cover your nose and mouth with a tissue when sneezing or coughing

Wash your hands frequently with soap and water

Make sure you clean surfaces and contact points

It is best not to prepare food for other if possible

Avoid crowded places to prevent spreading flu

Winter warmer checklist

- ✓ If you regular prescription medication, have you got enough to get through the Christmas and New Year holiday period?
- ✓ Having regular hot drinks and hot meals helps to keep the body warm
- ✓ Check up regularly on vulnerable elderly neighbours who may need your support.
- ✓ Had a niggling toothache for a while? Don't wait and let it flare up over the holiday period and spoil your enjoyment of those special Christmas treats.