

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 problem or are aged 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, this leaflet 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 and the websites where you can find out more.

Get your flu and coronavirus vaccinations



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 the flu and coronavirus vaccinations.



The vaccines are free.



This leaflet tells you who can get the vaccines and how to book an appointment.

How to get your vaccinations



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



Don't worry if you don't get an invite – you can still book an appointment without one.



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

The flu vaccine



The flu vaccine is free if you have a learning disability, are aged 65 or over, already have a health problem or are pregnant.



If you live in a care home or are a carer you may also be able to get the flu vaccine and so can some children.



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



You can also have your flu vaccine at your pharmacy. To find a pharmacy go to **www.nhs.uk/flu-pharmacy**



Your doctor or pharmacist can tell you about the flu vaccine or you can find out more in the easy read leaflet at **bit.ly/FluEasyRead**

The coronavirus vaccine



Some people will also be offered a coronavirus vaccine.

The people who will be offered it are:



- people who are 75 years old or older.



- older adults who live in care homes.



- people who have immunosuppression. This means they could get more poorly if they got coronavirus.



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



You can also find a vaccination site near you where you can have your vaccine without booking an appointment at **www.nhs.uk/covid-walk-in**



You can find out more about the coronavirus vaccine in the easy read leaflet at **bit.ly/C19EasyRead**

Other vaccines



There are other vaccines you only need to get once to be protected.



If you are aged 65 or over or have certain health problems, you may be able to get vaccines to help stop you getting pneumonia and shingles.



And if you are aged between 75 and 79 you can get a vaccine for a disease called respiratory syncytial virus (RSV).



Speak to your doctor to find out more about these vaccines or visit **[nhs.uk/vaccinations](https://www.nhs.uk/vaccinations)**

How to avoid catching illnesses like flu and giving them to other people



If you have a high temperature or do not feel well enough to do things, these could be signs of illnesses like flu or coronavirus.



To help not catch illnesses like flu or coronavirus and not give them to others you should:



- cover your mouth when you cough or sneeze, then throw away the tissue straight away.



- wash your hands.



- wear a mask if you want to.

What you can do at home if you are ill



If you are ill, there are things you can do at home to feel better:

- rest and keep warm.
- have lots of hot and cold drinks.
- have at least one hot meal every day.
- take any 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.

Where you can get help if you are ill



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



Your local pharmacist can help with illnesses like coughs, colds, sore throats and aches and pains.



They can tell you about any medicines you could take to help you feel better.

You can find your local pharmacy at **[nhs.uk/find-a-pharmacy](https://www.nhs.uk/find-a-pharmacy)**



You can also contact your doctors' surgery for help.



If you are worried about your symptoms or they get worse you can contact NHS 111 by phone or online. **We tell you more about how to do this at the end of this leaflet.**

Getting your prescriptions



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



You can order repeat prescriptions by visiting or phoning your doctor or pharmacy.



You can also order your repeat prescriptions using the **NHS App**.

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



You could ask someone you trust to support you to order or collect your medicines.

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.

You can get test kits free from some pharmacies.



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 how to contact NHS 111 at the end of this leaflet.**



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

Keep yourself and your home warm



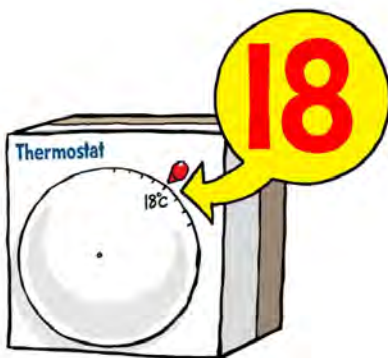
In the winter, it is important you keep warm when you are inside or outdoors.



This can help stop you getting colds, flu and more serious health problems.



This is very important if you have a learning disability or already have a 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. You could even put an old towel under a door to stop draughts.

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.



You can find out what benefits you might be able to get at **www.gov.uk/benefits-calculators**



You can find out more about help available at **gov.uk/cost-of-living**

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.



Test any smoke alarms in your home to make sure they work.

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



If you or a loved one are having a mental health crisis you can get help by calling NHS 111 and pressing the mental health option, day or night.

We tell you how to call NHS 111 at the end of this leaflet.



You can find out more at **www.nhs.uk/urgentmentalhealth**

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**

Where to go for the right medical help

Contact your doctor or pharmacy

For all your health needs which are not urgent, you can contact:



- your local pharmacist.



- your doctor.



You can also get advice at **www.nhs.uk**

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:

- phone **111**



If you phone **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.



To contact **NHS 111** you can also:

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



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



In an emergency call 999

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/staywell**

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

Or you can email
england.campaigns@nhs.net