



### Top tips...

- **Get your vaccines and boosters.** Protect yourself and others by getting your flu vaccination, and if you are in an at-risk group your COVID-19 booster
- **Keep warm during the day.** Wrap up in lots of layers of thin clothes, even when you go to bed. Keep doors closed to block draughts. Try to heat rooms you regularly use to at least 18°C.
- **Keep moving.** Move around indoors and try to get outside for a walk. Avoid sitting for more than one hour. Moderate exercise, especially in the morning, is a great option to stay active and healthy during winter. So, bundle up and go for a walk. Even a 15-minute walk can make a difference and remember... exercise naturally supports a healthy mood and energy levels.
- **Wrap up at night.** Wear layers to bed, including socks. Use a hot water bottle or an electric blanket. (Don't use a hot water bottle and electric blanket together.) Keep your windows closed at night.
- **Sleep Well.** It's important to take the time for extra sleep with the shorter, cooler days and longer nights to stay healthy during winter. Our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.
- **Eat well. Make sure you eat a balanced diet with seasonal fruit and vegetables and protein.** There is an abundance of fresh fruits and vegetables available during the winter season, which are an excellent source of vitamins and minerals, including folate, vitamin C and potassium, and an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. Don't forget protein, which helps to keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during the winter months, which can compromise the immune system. Try to eat at least one hot meal a day.
- **Stay hydrated.** When it's cold out, we don't feel thirsty that much. Dehydration in winter leads to a cold or flu. Fill a thermos with hot water in the morning and add a slice of lemon, or a few pinches of cumin in it. Make sure you refill 2-3 times a day. Keep track of your water intake if you want to stay healthy during winter. Regular meals and hot drinks can help you keep warm.
- **Have your medication on hand.** Make sure you have the right medicines at home in case you get poorly. Ask your pharmacist if you're not sure what medications you should have.
- **Stop the spread of germs.** Protect yourself and others by washing your hands with warm, soapy water, covering your mouth when you cough or sneeze, and wearing a mask in public spaces.
- **Look after your mental health.** The winter months can take a toll on our mental wellbeing, so make sure you're looking after your mental health, just as you do your physical health. If you are feeling down, speak to someone – a friend, family member, or a healthcare professional like your doctor.
- **Socialise to stay healthy during winter.** The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.



1. **Cold or flu**
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8. **Keep your house warm this winter**
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## Cold or flu?

### The common cold

A cold is an infection of the nose and upper airways caused by a virus

Symptoms can include:

- ↳ Blocked or runny nose
- ↳ Headache
- ↳ Sneezing
- ↳ Sore throat +/- cough
- ↳ Raised temperature
- ↳ Muscle aches

You can often treat a cold yourself and will start to feel better in a week or two.

### The flu

Similar to the symptoms of a cold, but usually more severe in nature

Symptoms can include:

- ↳ Sudden fever (over 38°C).
- ↳ Aching body.
- ↳ Feeling fatigued.
- ↳ Dry cough/sore throat.
- ↳ Headache.
- ↳ Loss of appetite.
- ↳ Difficulty sleeping.
- ↳ Diarrhoea/stomach pain.
- ↳ Nausea and vomiting.

**Find out more...**

[The common cold](#)

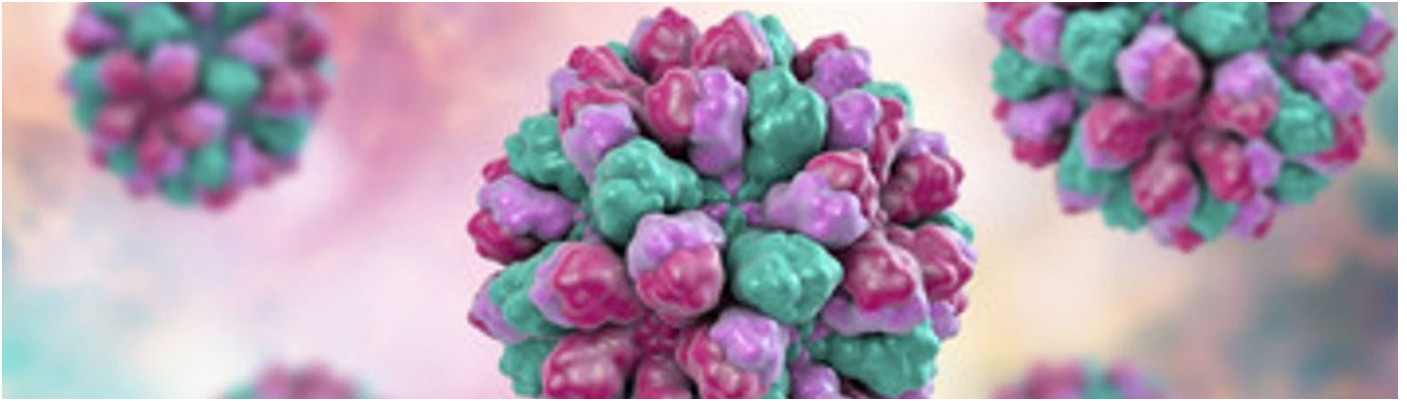
[Influenza - the flu](#)

[Acute Bronchitis \(A Chest Cold\)](#)

## NOROVIRUS

Sometimes referred to as the winter vomiting bug, [Norovirus](#) is the most common cause of gastroenteritis. Norovirus infection is presented by diarrhoea, vomiting, and stomach pain. With the infection, you may also experience fever or headaches. Blood is not usually present (see your GP if this occurs).

There is no specific treatment for Norovirus other than to rest and rehydrate. If dehydration occurs, contact your GP as this can become a serious complication.



**The main symptoms of norovirus are:**

- Feeling sick (nausea)
- Diarrhoea
- Being sick (vomiting)

**You may also have:**

A high temperature of 38°C or above.

- A headache.
- Aching arms and legs.
- These symptoms usually start within 12 to 48 hours of being exposed and can last up to three days.

**What to do when you have norovirus:**

- Stay at home and get plenty of rest
- Drink lots of fluids, such as water and squash – take small sips if you feel sick
- Eat when you feel able to – you don't need to have or avoid any specific foods

If you have a temperature or feeling any discomfort, take paracetamol

**Norovirus is contagious and can spread very easily.**

**You can catch norovirus from:**

- Close contact with someone with Norovirus.
- Touching surfaces or objects that have been touched by someone with norovirus.
- Eating food that has been prepared or handled by someone with norovirus.

**Alcohol hand gels do not kill norovirus!**

**Washing your hands frequently with soap and water is the best way to stop it spreading.**

Regular handwashing can reduce the spread of illness (such as flu, food poisoning and norovirus). It is one of the best ways to remove germs, avoid getting sick, and prevent the risks of germs spreading to others. It's quick, it's simple, and it can keep us all from getting sick.

## HEALTHY LIVING THIS WINTER



It can be tempting to opt for unhealthy comfort food when it's cold and go for a quick sugar fix to give you an energy boost, but you'll have more energy if you include plenty of fruit and vegetables in your diet. A sugar fix will wear off quickly so try opting for a healthy choice such as a clementine or satsuma instead.



Don't use winter months as an excuse to hibernate. We often feel more sluggish and tired due to the lack of sunlight. Get outdoors in natural daylight as much as possible. Consider trying a new activity or doing something with the family.

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.



Get a good night's sleep – go to bed and wake up at the same time every day.

Destress with exercise or meditation – stress has been shown to make you feel tired.

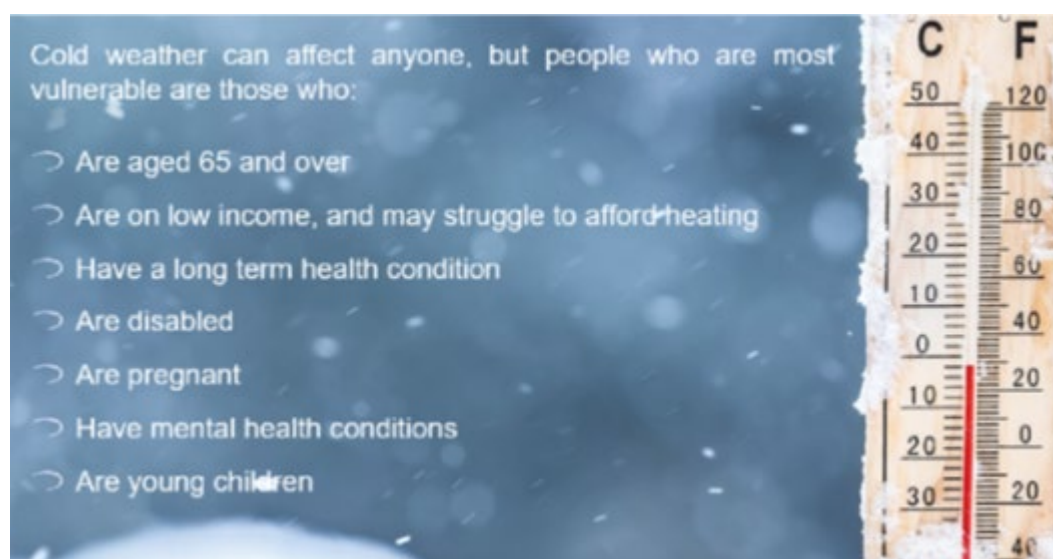


## VITAMIN D

Vitamin D has a number of important functions and is needed to support bone and muscle health. It has also been suggested that vitamin D may have a role in the body's immune response to respiratory viruses.

Sunlight exposure is the major source of vitamin D for most people but for those who spend much of their time indoors or in climates where we don't see much sun it can be harder to absorb Vitamin D.

The UK Government are advising everyone take daily vitamin D supplementation to maintain bone and muscle health during the COVID-19 pandemic. The recommended dose is 10 micrograms per day.



## COLD WEATHER

- Look in on vulnerable neighbours and relatives to make sure they are okay
- Get a flu jab if you can
- Have at least one hot meal a day and plenty of hot drinks throughout the day
- Try not to sit for more than an hour at a time, get up and move about if you are able too
- If you have a heart or respiratory condition, try not to spend too much time outdoors
- Try to heat your home to at least 18°C if you are aged over 65 or are less mobile. Babies should sleep in rooms between 16°C and 20°C to reduce the risk of Sudden Infant Cot Death.

## **KEEP YOUR HOME WARM THIS WINTER**

With the cost of living rising and increased energy prices, people may be worried about heating their homes this winter. Some tips to stay warm include:

- Keep doors closed and consider draught-proofing including covering keyholes.
- Curtains should be closed at night but keep them open during the day – any sunlight will naturally heat up the room. Also consider thermal linings for curtains to keep the heat in.
- Keep moving – avoid sitting still for more than an hour at a time.
- Eat well – keep cupboards stocked up with the basics and try have regular hot drinks and foods such as porridge, stews and soups.
- Try to maintain a steady and comfortable temperature throughout the day, keeping windows closed at night when temperatures are at their lowest.
- Try to maintain your heating to avoid breakdowns over the winter months.
- Bleed radiators to ensure they are working at full potential.

## **STAY SAFE WHEN OUTDOORS**

Wear sturdy footwear, with a good grip - you can always change into other footwear when you have reached your destination.

Take it slowly and allow yourself extra time to get from A to B, so you don't find yourself having to make a last-minute dash to get to the bus, etc.

Keep an eye on what is underfoot. Some places will remain icy for longer than others (e.g. places that do not get the sun).

If you have neighbours who are elderly/disabled/new mums, etc. offer to pop to the shops for them.

If councils have provided grit bins so people can treat public areas not included on the usual gritter route, use them – but don't remove large quantities for your own personal use.

Remember – as well as slips and trips on pavements and in public places, many people fall over on their own footpaths and driveways. Take care in these places too.

Wear several layers of clothing rather than one chunky item to help preserve body heat