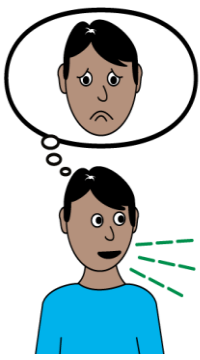




Keep Well this Winter



Get ready for winter.
Help your friends and
family by following this
guide.



A - Ask for help

If you feel unwell in your body or mind, ask for help from your doctor or mental health services. It is okay to ask for help.



B - Blood pressure

Keep your blood pressure lower to protect you from heart attacks and strokes.



C – Covid

Follow the governments advice:

- Wash your hands.
- Wear your face mask.
- Keep 2 metres apart from other people.

If you have Covid symptoms, get a test and self-isolate.



D - Diet

Eat a healthy diet – this means making good choices about the food and drink you have.

Try to eat more fruit and vegetables. Also eat more eggs, cheese, fish and meat. These are high in protein and Vitamin B which are good for you

Try eating less sugar, less salt and limiting how much alcohol you drink..



E – Exercise

Try and get outside for a 20 minute walk every day.

You can also do some exercises at home or try some chair-based exercises.



F - Have a flu jab

Flu jabs help you to stay healthy and well in winter time. It is a good idea to have it done when your Doctor asks you to.



Health and care services are working with community groups to help people who are most at risk of Covid-19.

People more at risk are people with:

- Diabetes.
- Breathing problems.
- Those who are overweight



If you or your family members have any of these conditions, you can get help by calling your doctor.