Stay well this winter – look after yourself and your community this winter
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With the colder weather here it is important you do what you can to protect yourself and others from illness and injury. By keeping yourself and helping others to stay safe, warm and well you could make this winter a happier, healthier one.

Get the flu vaccination
Don’t put off getting the flu vaccination. Pregnant women, those over 65, people with long term health conditions and their carers, and children in school years one and two and children aged two, three and four are entitled to a free flu vaccination. Speak to your local GP or pharmacy to see if you are eligible. Even if you are not on this list you can still benefit from the vaccination.

Keep active
If the weather prevents you from going for a walk, try to keep active indoors or visit your local leisure centre. Do you want to improve your health and make positive life changes? Visit www.wiltshire.gov.uk/healthtrainers
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Help your neighbours and relatives

Older neighbours, relatives and friends may need a bit of extra help in winter so make sure you keep in touch, check if they are feeling under the weather, help them stock up of food supplies and medication. Visit or call family and friends if they are on their own, especially during extended periods of cold weather. Those struggling to keep their house warm can contact Warm & Safe on 0300 003 4575.

Eat well

Food is a vital source of energy which can help keep your body warm so make sure you have regular hot meals and drinks.

Keep warm and safe

It is important to keep warm in winter – both inside and outdoors. Heat your home to at least 18°C (65°F), if you can. Concerned about an elderly friend or relative this winter struggling to keep their home warm? Contact Warm & Safe on 0300 003 4575. They will provide free, impartial advice and support. You may also be eligible for a home fire safety check from Wiltshire Fire & Rescue Service.

Get prescriptions before 24 December

GPs are likely to be particularly busy before Christmas and some may be closed for four days between 25 and 28 December. Do not wait until the Christmas holiday to get repeat prescriptions or talk to your GP about a long standing problem.

Seek advice from your local pharmacist

Pharmacists are a good first point of call if you are feeling unwell. They can advise and supply over the counter medication to help.
Further information
www.wiltshire.gov.uk
www.wiltshireccg.nhs.uk
www.yourcareyoursupportwiltshire.org.uk
www.nhs.uk/staywell

Tel: 0300 0034566

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@NHSWiltshireCCG

Information about Wiltshire Council services can be made available on request in other languages and formats such as large print and audio. Please contact the council by telephone 0300 456 0100 or email customerservices@wiltshire.gov.uk