

# We're here to help you stay well this winter

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Some important information from the NHS to help you stay well this winter

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**STAY WELL  
THIS WINTER**

**Saiqa Kauser,**  
Nurse, Bradford District Care  
NHS Foundation Trust

[www.nhs.uk/staywell](http://www.nhs.uk/staywell)  
[www.bdct.nhs.uk/staywell](http://www.bdct.nhs.uk/staywell)



## Stay well this winter

Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions such as COPD (chronic obstructive pulmonary disease), bronchitis, emphysema, asthma, diabetes, or heart or kidney disease.

The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. Being cold can also raise the risk of increased blood pressure, heart attacks and strokes.

But there are lots of things that you can do to stay well this winter:

- **Feeling unwell? Don't wait, get advice from your nearest pharmacist** – even if it's just a cough or cold, act quickly, before it gets more serious.
- **Make sure you get your flu jab** – the flu jab is free if you're aged 65 or over, or if you have a long-term health condition. If you have young children or grandchildren they may also be eligible for a free flu jab, as well as main carers of an older or disabled person. Just speak to your GP or pharmacist.
- **Keep warm** – it's important to keep warm in winter, inside and outdoors; this can help prevent colds, flu and more serious health problems such as heart attacks, strokes, flu and depression. Heat your home to at least 18°C (65°F).

- **Check your medicine cabinet** – ask your pharmacist what medicines should be in your cabinet to relieve symptoms of common winter ailments, such as colds, sore throat, cough, sinusitis or painful earache, to help you and your family through the winter season.
- **Prescriptions** – make sure you get your prescription medicines before your pharmacy or GP practice closes for the festive holidays.
- **Look out for other people** – people such as older neighbours, friends and family may need a bit of extra help over winter. When it's cold or slippery underfoot, it may stop people from getting out. Ask if they need any practical help.



Tara Teske,  
Nurse, Bradford District Care  
NHS Foundation Trust

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# Where to go for the right medical care

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**999**

For life threatening emergencies.



CALL  
**111**

If you need medical help fast but it's not a 999 emergency.



GP  
Pharmacy  
[www.nhs.uk](http://www.nhs.uk)

Your local GP or pharmacy - visit [www.nhs.uk](http://www.nhs.uk)

## Top tips and advice

Visit [www.bdct.nhs.uk/staywell](http://www.bdct.nhs.uk/staywell) for guidance from Bradford District Care NHS Foundation Trust's community healthcare teams about staying well this winter, including preventing falls, protecting against flu, looking after your mental wellbeing, and keeping children well in winter. There is also information at [www.nhs.uk/staywell](http://www.nhs.uk/staywell)