



GIG
CYMRU
NHS
WALES

Ymddiriedolaeth GIG
Gwasanaethau Ambiwylans Cymru
Welsh Ambulance Services
NHS Trust



Staying safe in winter

Looking after yourself in winter is very important.

There are some things you can do to help stay safe and well during winter.



1. Get a flu vaccine

People can catch flu easily.

Flu can be very serious.

The flu vaccine helps protect you from flu.



For more information contact your GP or your local Pharmacist

Or go to the Easy Read section of NHS 111 Wales and click on Flu.



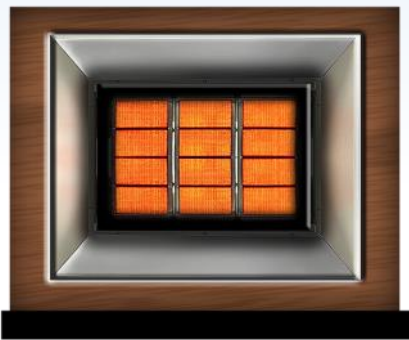
2. Keep warm



Keeping warm helps to stop you getting colds and flu.

Keeping warm in winter can help stop other serious health problems, such as heart attacks and strokes.

Keep warm at home



Make sure you are warm at home.

Wear layers of clothes.

Try to keep moving.

Keep your bedroom window closed at night during the winter.

Keep warm outside

Wear warm clothes when you go outside.

Wear a hat, gloves and a scarf.

If you feel well enough and

if it's not too cold outside,

try to go for a short walk in the day.





3. Keep in touch

Keep in touch with friends and family. Meeting someone might be difficult because of coronavirus but it is important to keep in touch. You can phone, use online video calls or use social media.



4. Make a plan

If you are a carer, make a plan to know what to do if you get ill or have an emergency.

Think about who would look after the person you care for in an emergency.



For more information on emergency care plans contact your local council or Carers UK.



Information about carers and looking after someone is also on the NHS 111 Wales website.

5. Make sure you have enough of your medication



If you use medicine, tablets, inhalers or other medication, make sure you have enough in the house at all times.

If you get ill at home during the winter, these things can help...



- keep warm
- rest
- drink plenty of fluids
- have at least one hot meal a day.
- Talk to a pharmacist to see if you can buy some medication to help.
- Always follow the instructions on medication carefully.



Ask your local pharmacist for more Information or advice on how you can stay well in Winter.