

My Winter Health Tips



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WALES



If you need help or advice go online: [nhsdirect.wales.nhs.uk](https://nhs.uk) or ring 0845 46 47.
If you live in Swansea, Neath Port Talbot, Bridgend or Carmarthenshire ring 111.

Be prepared – look after your health

- ❄️ **Are you entitled to a free flu jab?** Check with your chemist or GP – avoid the rush, get one early.
- ❄️ **Do you have repeat prescriptions?** Get them filled in advance. Many surgeries and chemists have reduced hours over Christmas and New Year.
- ❄️ **Get the temperature right**, set your heating between 18-21°C.
- ❄️ **A carbon monoxide alarm** is as important as a smoke alarm and could save your life. They are sold at DIY stores and are easy to fit and use.
- ❄️ **Get rid of old slippers** to avoid trips and slips and if you go outside wear firm fitting footwear and shoes with a good grip.
- ❄️ **Stock up on tinned and frozen foods**, so you don't have to go out too much when it's cold or icy.
- ❄️ **Got a cold or sore throat?** No need to see your GP, ask your chemist for advice.

Look after yourself

- ❄️ **Keep warm by wearing layers** of clothes indoors and out. Use a hot water bottle or electric blanket to keep your bed warm.
- ❄️ **Have at least one hot meal a day** – eating regularly helps keep you warm. Make sure you have hot and cold drinks regularly throughout the day.
- ❄️ **Tis the season to be merry, but try not to over-indulge.** Don't drink too much alcohol, eat a balanced diet and keep active – even moderate exercise keeps your body strong and can help prevent falls.
- ❄️ **Make sure your turkey is properly defrosted** and then fully cooked until the juices run clear.
- ❄️ **Germs spread from raw meat and poultry** to worktops, chopping boards, dishes and utensils – clean thoroughly before using for cooked food.
- ❄️ **Got a lifeline button?** Wear your pendant at all times when you're at home.
- ❄️ **If you have a heart or chest problem**, stay indoors during very cold weather. If you have to go outside wrap a scarf around your mouth to protect your lungs from the cold air.
- ❄️ **Don't be lonely this winter.** If you, a family member or neighbour are worried about a relative or elderly neighbour, contact your local council or call Age Cymru's helpline free on 08000 223 444, Monday-Friday, 9am-5pm.