

BOOST YOUR IMMUNITY THIS WINTER

WITH THE FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can both be life-threatening and spread more easily in winter. Check if you're eligible for a free flu vaccine and a COVID-19 booster, and if you are, book your appointment now.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations

Your winter checklist

- Have my Covid-19 vaccination or booster
- Have my flu vaccination
- Download the NHS App onto my phone
- Sign up for access to online GP services
- Order and collect repeat medicines
- Make sure there's enough food and medicine in the house
- Keep an eye on elderly neighbours and relatives
- Visit www.gov.uk/coronavirus for latest guidelines
- Visit <https://bit.ly/BSWWinter> for winter health advice



Follow us on: @nhsbswccg



JUST THINK 111 FIRST

When you think you need A&E, contact NHS 111 online or by phone



Taking action to keep well and understanding where to go when you need support is important. Here you will find more information on the services available to you, along with contact details.



Scan this QR code or visit <https://bit.ly/BSWService> to learn more – you might be surprised at the support that's on offer!



Keep this card safe as a handy reference – pop it on a pinboard or a fridge door!



If you would like a copy of this leaflet in an alternative language or format please email bswccg.communications@nhs.net



Helping you to plan your health and wellbeing

Getting the right health and care services for your needs

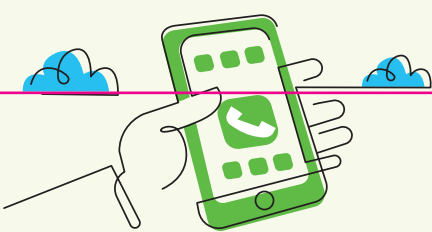




10 ways to stay well

1 Get self-care aware

From having a well-stocked medicine cupboard, to apps you can download, there's lots you can do to keep yourself fit and well – it's SIMPLE: healthy eating and exercise are important for overall health and wellbeing; it's QUICK: ask your pharmacy for advice without needing an appointment; it's CONSIDERATE: using the right service will help you manage your condition without adding unnecessary pressure on health and care services. Go to: <https://bit.ly/BSWSC>



3 Look after your mental wellbeing

These are tough times. Make sure you reach out to family and friends for support, get some fresh air and take time for yourself. Do remember to keep any appointments related to your mental health. If you need help now call: **0800 953 1919** or visit <https://bit.ly/BSWMH> for more information.

5 Know before you go

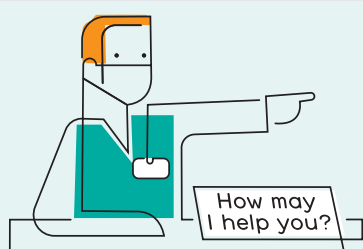
NHS 111 can help if you have an urgent medical problem and you're not sure what to do. 111 is staffed by clinical professionals, all day and throughout the night, so there is always somebody available. If 111 staff decide you need to attend an Emergency Department, they may even give you a time to go, which could mean a shorter wait. Go to: www.111.nhs.uk or call **111**.

7 Get registered with a GP

Registering with a GP or doctor is easy, and it's free to everyone. You do not need proof of address, immigration status, ID or an NHS number. Practices offer both face-to-face and online appointments. GP practices in our area are working even harder to offer more appointments throughout winter and beyond. Visit: www.nhs.uk/nhs-services/gps for help with registering at your local GP.

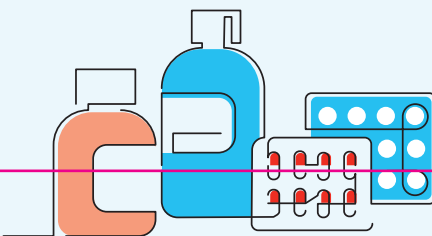
9 Get involved by volunteering

Get involved with your local community. Volunteering is an opportunity to give something back to the community and make a difference to people in your area. Voluntary work can boost your self-confidence and self-esteem and improve your mood. There are many opportunities – volunteer at your local hospital, at a vaccination centre or for one of your local charities. Find out more at <https://bit.ly/BSWvolunteer>.



2 Get to know your local pharmacy

Your local pharmacists are experts in medicines and can help with minor health concerns. They can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains. If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. Go to: www.nhs.uk/service-search/pharmacy



4 Grab a jab

This year, it's important to protect yourself from both COVID-19 and winter flu – so get both vaccines now if you haven't already done so. Vaccines are our best defence against these, it's not too late to have your first or second COVID-19 vaccine, and do remember to have your booster when it is your turn. Up to date information about who is eligible and how to get your vaccines can be found on the www.nhs.uk website. If you have been contacted to get your annual flu jab, do take up the offer.



6 Exercise to put a smile on your face

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Exercise – whether a quick walk or brisk 5K run – can improve your physical and mental wellbeing. Binning bad habits like smoking and cutting down on alcohol and caffeine can have an even greater positive effect on your health. Visit www.nhs.uk/better-health/ for more help and free resources.

8 Stay safe

More than ever, it's important to look after ourselves and those around us. COVID-19 remains a serious health risk – keep up to date with latest government guidelines for COVID-19 by visiting www.gov.uk/coronavirus. If we aren't in lockdown then meeting outdoors is safer but let fresh air in if you meet indoors. Wear a face covering in crowded and enclosed spaces. Remember, face coverings are always mandatory in all health and care settings to protect the most vulnerable. Get a PCR test as soon as possible if you have symptoms and self-isolate if it's positive.

10 Get all the information you need

Go online to find out more at <https://bit.ly/BSWService> or by scanning this QR code with a smartphone.



SCAN ME

