



Your guide to staying well this winter

The best way to avoid getting ill this winter is to get vaccinated.

Vaccines are important as they protect yourself and others from harmful diseases.

Stay protected: get your flu and COVID-19 vaccines



- Flu and COVID-19 can make you very sick.
- Getting vaccinated helps protect you and others.
- It's quick, safe, and free for those who need it.
- Ask your pharmacist, GP surgery, or visit [nhs.uk](https://www.nhs.uk) to book your vaccines.



Protect yourself and others
– get your vaccines today!

For more information scan the QR code or visit:
[nhs.uk/live-well/seasonal-health/keep-warm-keep-well](https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well)



Scan me

How to look after yourself through the winter?

Eating fresh fruit and vegetables and getting fresh air and exercise will help you stay well through the winter. If you get a cold or the flu, rest, drink fluids, and use medicines from your pharmacy.

For more tips on staying safe in cold weather, scan the QR code or visit our website: blmkhealthandcarepartnership.org/winter-health



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Feeling unwell? Here's where to go for help

Your Local pharmacy



Your pharmacist can give expert advice and medicine for many common health problems.

Some pharmacists can prescribe antibiotics for minor illnesses like sore throats and chest infections. You don't need an appointment and there are rooms available where you can speak to the pharmacist privately.

NHS 111



NHS 111 is a free service that provides medical advice for non-emergency health concerns.

If you are not sure where to go or what care you need, **NHS 111** is available 24/7. You will get to speak to a trained adviser by phone or online at 111.nhs.uk and if needed a nurse or doctor will call you. NHS 111 can guide you to the right service, whether it's self-care, a GP surgery, or another healthcare provider.

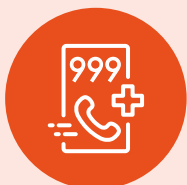
Your GP practice

You can book an appointment with your GP surgery to get help for any other health issues. You can download the NHS App to access information about your health and order repeat prescriptions.



Other ways to contact 111

- If you have a hearing problem, call 18001 111 using the Relay UK app or a textphone. This is available 24 hours a day: relayuk.bt.com/how-to-use-relay-uk.html
- British Sign Language – Use signvideo.co.uk/nhs111
- Other languages – Call 111 and ask for an interpreter.



Hospital – in an Emergency

For life-threatening conditions like chest pain, trouble breathing, or heavy bleeding, go to **A&E** or **call 999**.