






# Top tips to help you stay well this winter

	<p>Get your free flu vaccination and coronavirus booster vaccinations (jabs).</p>
	<p>Keep warm. Heat your home to at least 18°C. Wear a warm coat when you go outside. Keep your windows closed when it's cold outside.</p>
	<p>Keep active. This can help you keep well and not feel depressed.</p>
	<p>Make sure you have the right medicines. Ask your pharmacist about what you should have at home in case you get poorly over the winter.</p>
	<p>Washing your hands with soap and water is one of the easiest ways to stop you getting flu and coronavirus.</p>
	<p>Keep in touch with friends and family.</p>

# What you can do at home if you are ill

	Rest and keep warm.
	Drink lots of liquids.
	Have at least one hot meal every day.
	Take the tablets you have been told to take.
	Contact NHS 111 for advice by phone or online.

## To find out more

For more information and advice go to [www.nhs.uk/staywell](http://www.nhs.uk/staywell)

Scan the QR code to view the full version of this leaflet.



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