



Winter Wellness: some tips on staying well this winter



In the winter we are more likely to catch a cold or virus.

Why?

Because there are more viruses around in the winter, and because we spend more time inside.

Being inside helps viruses spread more easily.



How do I know if I have a virus?

Some of symptoms of a virus can be:

- Sneezing
- Coughing
- Sore throat
- Feeling hot or cold



For the first time this winter we also have to think about keeping safe from Coronavirus.

If you think you may have caught a virus, tell someone about your symptoms and ask them for advice if you need it.



What about the flu virus?

Lots of people can get a free 'flu jab'.

This is an injection to protect you from getting the flu.

To find out if you can get a free 'flu jab' ask:

- a pharmacist,
- your doctor,
- or your support worker.



Annual health checks

Have you had yours yet?

If you are not sure phone your doctor's surgery to ask.

You need to ask for a 'Learning disability annual health check'.

They will book you a check if you need one.



What else can I do to stay well this winter?

Here are some tips:



Eat Well

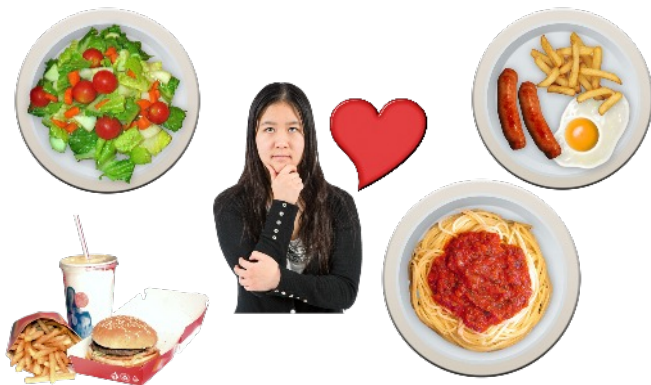
Try to use fresh ingredients like fruit and vegetables.

We should try to eat at least five portions of fruit and vegetables a day.



Prepare your own meals

It's a good idea to make some meals from fresh ingredients if you can.



What's *your* favourite meal?

Maybe you and your support worker or a family member can make it together!



Vitamins

Vitamins are good chemicals that keep your body healthy.

Most of the vitamins we need we can get from our food, and regular sunshine or time outdoors.



Some people take vitamin tablets if they aren't getting all the vitamins they need from their food.



There are many different vitamins, so it can be a bit confusing.

The Government is recommending we take vitamin D tablets over the winter.



If you are not sure if you should be taking vitamins ask:

- a pharmacist,
- your support worker or a family member,
- or the nurse at your annual health check.



Sleep well

Sleeping well is important for our mental and physical health.

Most adults need between 7 and 8 hours sleep a night.



What's the best way to get a good night's sleep?

Have a good bedtime routine

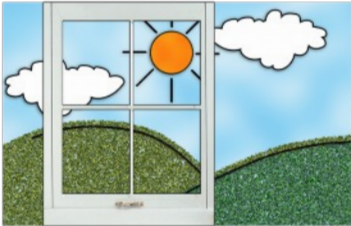









What's that?

A **routine** means doing things at the same time and in the same way each time you do it.



A good bedtime routine would be:

- Go to bed at about the same time each night.
- Get up at about the same time each morning.

    	<ul style="list-style-type: none"> - Try not to have a nap in the day. People who have a nap in the day often find it hard to get to sleep at night. - It is easier to sleep in a room that is dark and cool. It's a good idea to close your curtains and turn your light off. - If you are relaxed before you go to bed this will help you sleep.
  	<p>What's a good way to relax before I go to bed?</p> <p>You could:</p> <ul style="list-style-type: none"> - Have a bath. - Read or listen to music. - Have a warm milky drink. - Try not to go to bed worrying about things.
	<p>Keep Warm</p> <p>Put the heating on if you are cold.</p> <p>But heating is expensive. What else can I do?</p>
	<ul style="list-style-type: none"> - Wear extra layers of clothes. For example you could wear a vest or t-shirt under a thin jumper, then a thick jumper or sweatshirt on top. - If you have a jumper made from wool that will be really good to help you keep warm.



Try to move about regularly, or wrap up in a **blanket** if you're sitting for a while.

You could try a **hot water bottle**.

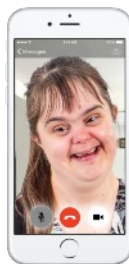
If you are going out in cold weather wearing a **hat, scarf and gloves** can help. And don't forget a **warm coat!**



Stay Positive

It can be difficult to stay positive, especially if we aren't able to get out to do the things we enjoy, like meeting our friends and family.

What could *you* do to make yourself feel better when you feel low?



Here are some tips:

- Try not to watch too much of the news if it makes you feel worried.
- Watch a comedy on TV.
- Listen to your favourite 'happy' music.
- Call a friend and have a chat.

Who do *you* call if you feel sad?



Keep Drinking Water

- It helps our bodies to work properly and stay healthy.
- If we don't drink enough it can affect our mood and we can have less energy.
- Try to drink six to eight glasses of water everyday. Hot drinks count too!



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Keep Moving

Movement can help you feel good and help you stay fit and healthy.

What sort of things do you mean?

Here are some examples:

- Walking
- Dancing
- Cleaning
- Cooking
- Gardening
- Shopping
- Swimming

What's *your* favourite type of movement?



Still a bit confused?

If you need help to understand how to stay well, ask someone to go through this guide with you again.



You could ask:

- A friend or family member
- A support worker
- A neighbour.
- Or someone you trust.

Who could *you* ask?



What do I do if I feel ill?



If you feel ill then check whether you have **Coronavirus symptoms** first.

If you do then you need to **stay home and call 119**.



The symptoms to look out for are:

- a high temperature,
- a continuous cough,
- the loss of your sense of smell or taste,
- or a change in your sense of smell or taste.



We've made an **Easy Read Symptom Checker** which explains this in more detail.

You can find it on our **website or facebook page**.



If you feel ill but you don't have those symptoms, you can **call 111 or phone your doctor's surgery**.

GP's are offering phone call appointments at the moment so they will call you at an arranged time.



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999

If you need help **NOW** and it's an emergency then **call 999, or go straight to hospital.**



Don't be scared to **phone 111** or **go to the doctor.**

The NHS is there for normal appointments and illnesses as well as Coronavirus patients!



You can also look after yourself at home.

You may like to get some medicines in your cupboard just in case you feel unwell over the winter.



Still a bit confused?

Ask someone you trust to go through this guide with you again.

You could ask:

- A friend or family member
- A support worker
- A neighbour

Who could *you* ask?



Stay well this winter,
from all of us at CPF.