

Staying well this winter

Get your vaccines

- **COVID-19:** seasonal vaccines are available for people over 65, in a clinical risk group, who live with someone who is immunocompromised, or a carer. www.newham.gov.uk/covidvaccine
- **Flu:** people who are 65 and over, anyone who is pregnant, and people with specific health conditions. www.newham.gov.uk/flu
- **Polio, MMR and other childhood immunisations:** children can catch up on their vaccines at any time, see www.wellnewham.org.uk/childhood-vaccinations for more information.



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 60 or older, find out more at www.wellnewham.org.uk/vitamin-d or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.wellnewham.org.uk/healthy-start

Keep yourself safe from winter illnesses

- Let fresh air in if meeting indoors, or meet outside.
- If you feel unwell, try to stay home and avoid contact with others, especially vulnerable people, until you feel better. If you have to go out, wear a face covering.
- Wash your hands regularly for at least 20 seconds with warm water and soap.
- Cover your mouth and nose when coughing or sneezing. Use tissues and throw them away, and wash your hands.



What to do if you feel unwell

- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional.
- Contact your GP or NHS 111 or visit www.nhs.uk
- **If you have a medical emergency,** call 999 or go to your nearest A&E department.
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 175 1770 or the **Crisis Line 0800 073 0066** (24 hours a day, every day).



Staying healthy

- Eat fresh fruit and vegetables as much as you can, and aim for one hot meal a day.
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity). www.wellnewham.org.uk/keeping-active
- Connect with others and check in on your friends and neighbours. Find out about the different ways to stay connected in Newham, including the Community Neighbourhood Link Worker. Visit www.newham.gov.uk/CNLW



Getting help with the cost of living

- Our Newham Money can help if you're not able to afford heating, food or other essentials: www.ournewhammoney.co.uk or call 020 8430 2041
- The Newham Food Alliance can help with food: Call 07790 975086 or email frontdoor@newhamfoodalliance.org
- Find out more about energy grants, advice and services: www.newham.gov.uk/energygrantsadvice
- Stay Warm in Newham: info@renewalprogramme.org.uk or 020 8471 6954
- It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home
- Find out what support is available to help with the cost of living: www.newham.gov.uk/costoflivingresponse



Find out more at www.wellnewham.org.uk/winter-wellness