

Stay Well This Winter

STAYWELL THISWINTER

Winter weather can be seriously bad for our health. Being cold can make existing conditions worse and raise the risk of increased blood pressure, heart attacks and strokes. However, there are lots of things you can do to stay well this winter.

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Get expert advice

Always seek advice from your [pharmacist](#) at the first sign of a cough or a cold before it gets more serious.

Be protected from flu – get your free flu jab

This not only protects you, but others around you.

Buy over-the-counter medicines

Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache).

Keep warm

Keeping warm, both inside and outdoors, over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. You should:

- Wear several layers of light clothes, as these trap warm air better than one bulky layer
- Heat your home to at least 18C (65F)
- Stay active – try not to sit still for more than an hour or so

Keep out the cold at night

Keep your bedroom window closed on winter nights – breathing cold air can be bad for your health as it increases the risk of chest infections.

Get the right help

Make sure you're receiving all the help you are entitled to. Learn how to make your home more energy efficient and take advantage of financial schemes to keep up with energy bills. See [Keep Warm, Keep Well](#) for details.

You can also check your heating and cooking appliances are safe and operating properly by contacting a Gas Safe registered engineer.

For more information on how to stay well this winter visit www.nhs.uk/staywell