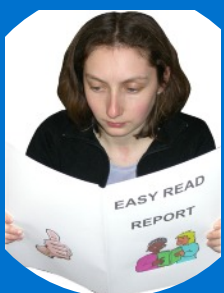




How to stay safe and well in winter



EasyRead version



Winter is coming.

The days will be darker and we will feel colder.



We can get sick from flu or COVID-19.



So we must take care of ourselves to stay well.



Here are some ways to stay safe and well in winter.

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Tips about COVID-19 and flu



COVID-19 and the flu are viruses and we can catch them more easily in winter.

Here are some things we can all do to stay well this winter:



1. Wash your hands well with soap and water:

- after coughing, sneezing or blowing your nose
- after being in a public place.
- before making or eating a meal.
- after using the toilet.



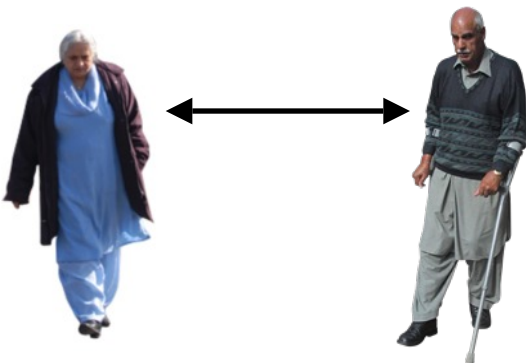
2. Try not to touch your eyes, nose or mouth



3. Wear a face covering when you go to a place where there will be other people.



4. Keep air moving around your house by opening your windows for 5 minutes in the morning, at lunchtime and in the afternoon.



5. Try not to get too close to other people



6. Cough or sneeze into a tissue and put it in a bin.



7. Keep the surfaces clean in your house.

Have you had your vaccinations yet?



A **vaccination** is an injection. Some people call it a jab or a shot.



Vaccination is a way to stop people from becoming ill.

When you get a vaccination it makes it much less likely you will get a disease.



If you do get the disease, it won't be as bad (you won't feel as ill) if you have had your vaccination.



You can have a vaccination for COVID-19 and a vaccination for the flu.



These are the two most important vaccinations you can have during winter.



COVID-19 vaccination

You will have 2 COVID-19 vaccinations.



Then 3 - 6 months later you can get another jab called a booster vaccination. A booster helps to keep you safe from COVID-19.

Flu vaccination

You will need 1 flu shot to stop your body from getting the flu.

Sometimes you will get a flu booster shot.





Where to get a Covid-19 vaccination

You can go to a walk-in clinic to have the Covid-19 injection.



Or you can book an injection at a clinic online

www.nhs.uk/covidvaccine



or call **119**.



Where to get the flu vaccination

You can book an injection with your GP or local pharmacy online

www.nhs.uk/wintervaccinations

Ways to get help from the NHS



The **NHS** is short for the National Health Service.



The NHS belongs to everyone.

It helps all of us:

- have better health
- keep our bodies well
- keep our minds well





The NHS says if you feel unwell, here are some tips.

1. If you have an emergency, call **999**.



If you feel unwell and don't know what to do call **111**.



You can ask for help or an ambulance.



2. If you have hurt yourself and need help:

Call Norwich Practices Walk-in Centre on **01603 677500**.

OR

Call Cromer Minor Injuries Unit on **01603 646230**.





3. For other worries, you can go and see your local pharmacist or call your GP.

Looking after children



If your child has a cough or cold keep them away from other people to keep everyone safe.



Ways to get help for children

1. For an **emergency** dial 999 for an ambulance.

Do this if your child cannot breathe or has blue lips.



2. **If your child is very sick.**

Call NHS 111 or contact your GP if:

- you are worried about your child
- your child is not eating normally or if they have had a dry nappy for 12 hours or more





- your child has a high temperature of 38°C or above that won't go down
- your child seems very tired or grumpy.



3. If you want to **ask some questions**, ask Just One Norfolk for help.



- Call this phone number: **0300 3000 123**.



- Text Parentline on **07520 631590**.



- If you have a mobile device, look at:
www.justonenorfolk.nhs.uk.



4. For **help with medicines** for your sick child, speak to your pharmacist.

Tips for getting through winter



Here are some ideas for staying healthy and safe in winter.



Know the weather

You can find out if there is a cold snap coming at this website:
www.metoffice.gov.uk/public/weather/cold-weather-alert



Care for your body

- ask your doctor about what medicines and vitamins to take
- go to bed at the same time every night and sleep well
- do 30 minutes of exercise every day





- don't sit down for a long time. Get up and move around every hour.

Your food and medicines



- eat healthy food like fruit and vegetables
- drink plenty of water
- have extra medicines and tinned and frozen food in your home in case you can't get to the shops.

If you can't get to the shops, try this:



- ask your library to help you set up a food delivery service
- ask a friend to pick up some food for you.





Your safety and wellbeing

- talk to your friends and neighbours
- visit this website to ask for help if there is a power cut.
tinyurl.com/ofgem-getting-extra-help



Here are some ways to stop trips and falls in your home:

- wear good shoes or slippers
- use a torch in dark spots
- don't drink too much alcohol
- if you spill something mop it up quickly
- ask for help if you need it
- keep moving your body to stay warm and strong.





Have a look at this website for some ideas about staying active:
tinyurl.com/nhs-stay-active



Your home

- keep your home warm or wear a warm jumper



- ask someone to check your home heating is safe and your smoke alarms are working



- if your home is cold call these people for help:



- in Norfolk call **01603 430103** or use your device to look at **www.norfolkwarmhomes.org.uk**



- in Waveney call **03456 037 686**.

Caring for yourself



You can feel sad and alone in winter.



Here are some ways to get help.

1. Stay in touch with friends and neighbours.



2. Check if your neighbours need a bit of help over winter.



3. Look for local groups you can join. Some are online so you can use your device to talk to them.



4. Call the Silver Line on **0800 470 8090** to talk to a friendly person.



5. For ways to look after your mental health visit these websites:

www.nhs.uk/oneyou/every-mind-matters



www.wellbeingnands.co.uk



Or call **0300 123 1503**.



For urgent help call the NSFT First Response Helpline on **0808 196 3494**. They answer the phone day or night.

Help with money in winter



No one should be hungry or cold this winter.



If you think you might need help:

- paying bills
- buying food
- heating your home

visit these websites:

Norfolk:
www.norfolk.gov.uk/wintersupport

Waveney:
www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service



Make a plan



Here is a handy winter plan.

This has key dates and actions to help see you safely through the winter.



You can show this plan to friends and neighbours who you ask for help during winter.



You will need to add some phone numbers.

My winter plan - handy contacts



My pharmacist



Phone



Email or website



My doctor



Phone



Email or website



My neighbour



Phone



Email or website



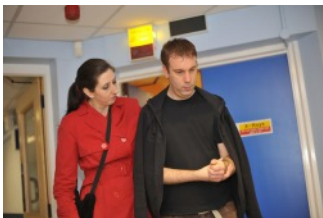
My family



Phone



Email or website



My emergency person



Phone



Email or website



If you need a vaccination for COVID-19



Phone 119



Website: www.nhs.uk/covidvaccine



If you need a vaccination for flu

Website:

www.nhs.uk/wintervaccinations



If you have an emergency

Phone: **999**



If you need medical help

Norwich: **01603 677500**

Cromer: **01603 646230**



If your child has an emergency

Phone: **999**



If your child is sick

Phone: **111**



If you have some questions about your child's health



Phone: 0300 3000 123 or 07520 631590



Website: www.justonenorfolk.nhs.uk



Get alerts about bad weather



Website: www.metoffice.gov.uk/public/weather/cold-weather-alert



Get on the list to be called if there is a power cut



Website: tinyurl.com/ofgem-getting-extra-help



If your home is too cold



Norfolk: **01603 430103**

Waveney: **03456 037 686**



Website:

www.norfolkwarmhomes.org.uk



Mental health help



Phone: **0300 123 1503** or **0808 196 3494**



Website: **www.nhs.uk/oneyou/every-mind-matters**

www.wellbeingnands.co.uk



Help with money in winter

Norfolk:

www.norfolk.gov.uk/wintersupport



Waveney:

<http://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service>

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