

# STARTING TO FEEL THE CHILL?

HELP US TO HELP YOU BY HAVING A WINTER PLAN

- Have a free NHS flu vaccination if you are eligible
- If you do become unwell, get help early before your condition worsens
- Stock up on cold and flu remedies
- Make sure you have enough food
- Keep your home heated to 18°C
- Have a list of emergency phone numbers handy
- Keep an eye on elderly or frail friends, neighbours and relatives

LOOKING SHARP!

**NHS**



If you have an urgent medical concern and need advice or treatment, contact NHS 111

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IT WASN'T THIS COLD  
LAST SUNDAE...

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