

# Help yourself stay well this winter.

Keep warm – put on an extra layer or turn up the heat, and get advice from your pharmacist if you start to feel unwell.

**STAY WELL  
THIS WINTER**



Welcome to the Stay Well This Winter e-zine brought to you by the Health and Social Care Board and the Public Health Agency.

## What is Stay Well?

Stay Well is about encouraging people to take positive steps and plan ahead so they are prepared to face the winter in better health.

Older people and those with long-term health conditions such as asthma, diabetes or COPD are particularly vulnerable to winter illnesses.



The campaign is about keeping people informed about how to care for themselves and where to get advice when they need it.

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**HSC** Health and Social Care **DoH** www.health.ni.gov.uk



## Stay Well Messages

- Help yourself stay well this winter
- Get the free flu jab or nasal spray if you're eligible\*
- Keep warm: put on an extra layer or turn up the heat
- Check in on neighbours that may need extra help during periods of very cold weather
- Get help and advice from your pharmacist if you start to feel unwell

## HOW YOU CAN HELP US?

- Retweet and share our social media posts
- Post Stay Well messages on your social media pages
- Use #StayWellNI when promoting any flu or winter care issues
- Encourage your members to get a flu jab
- Print copies of our posters

## \*FREE FLU JAB CANDIDATES

- People aged 65+
- Long-term health conditions
- Frontline healthcare staff
- Pregnant women
- Children aged 2–4 and primary school children

## Get ready for Christmas!

- If you have a repeat prescription, make sure you order in plenty of time before the Christmas holidays – remember to only order what you need
- Check your pharmacy opening hours over the Christmas period