

If you need help or advice go online: nhsdirect.wales.nhs.uk or ring 0845 46 47.
Ring 111 if available in your area.

Be prepared – look after your health

- **Are you entitled to a free flu jab?** Check with your pharmacist or GP to see which vaccine is available or most suited to you.
- **Do you have repeat prescriptions?** Make sure you don't run out in case of bad weather. Many surgeries and pharmacies have reduced hours over Christmas and New Year.
- **Get the temperature right**, set your heating between 18-21°C.
- **A carbon monoxide alarm** is as important as a smoke alarm and could save your life. They are sold at DIY stores and are easy to fit and use.
- **Get rid of old slippers** to avoid trips and slips and if you go outside wear firm fitting footwear and shoes with a good grip.
- **Stock up on tinned and frozen foods**, so you don't have to go out too much when it's cold or icy.
- **Got a cold or sore throat?** No need to see your GP, ask your pharmacist for advice.

Look after yourself

- **Keep warm by wearing layers** of clothes indoors and out. For a guide to keeping warm and well this winter- search 'Age Cymru Spread the Warmth'.
- **Have at least one hot meal a day** – eating regularly helps keep you warm. Make sure you have hot and cold drinks regularly throughout the day.
- **Tis the season to be merry** but try not to drink too much alcohol, eat a balanced diet and keep active. Even moderate exercise keeps you warm, keeps your body strong and can prevent falls.
- **Make sure your turkey is properly defrosted** and then fully cooked until the juices run clear.
- **Germs spread from raw meat and poultry** to worktops, chopping boards, dishes and utensils – clean thoroughly before using for cooked food.
- **Got a lifeline button?** Wear your pendant at all times when you're at home.
- **If you have to go out**, cover your mouth with a scarf to protect your lungs from the cold air. Consider packing in smoking for New Year - your Pharmacist can help.
- **Don't be lonely this winter.** If you, a family member or neighbour are worried about a relative or elderly neighbour, contact your local council or call Age Cymru's helpline free on 08000 223 444, Monday-Friday, 9am-5pm.
- **Stay connected** and check you have a phone available that will work in a power cut. Keep a charged battery or a solar charger at hand.