

## Key Public Health Messages

Contact your GP or Pharmacist if you, or someone you care for, qualifies for a free flu vaccine.



### One in three people in Coventry and Warwickshire are entitled to a free flu vaccination this winter.

- People **aged 65 years or over** (including those becoming age 65 years by 31 March 2017)
- All **pregnant women** (including those women who become pregnant during the flu season)
- **Children or adults** with a serious medical condition such as:
  - Chronic respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
  - Chronic heart disease, such as heart failure
  - Chronic kidney disease at stage 3, 4 or 5
  - Chronic liver disease
  - Chronic neurological disease, such as Parkinson's disease or motor neurone disease
- People who have had a stroke or transient ischaemic attack (TIA or 'mini-stroke')
- Diabetes
- Weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
- People without a spleen or problems with the spleen
- **Carers** (main carer of an older or disabled person)
- People living in **long stay residential care homes** or long-stay care facilities
- A nasal vaccination is available for all children aged 2, 3 and 4 years
- All children in Years 1, 2 and 3 will be offered a vaccination through school

Contact your GP or Pharmacy today.

[www.warwickshire.gov.uk/flu](http://www.warwickshire.gov.uk/flu)  
[www.coventry.gov.uk/flujab](http://www.coventry.gov.uk/flujab)



## Key Public Health Messages

### *Keep your home warm, efficiently and safely*

- Heating your home to 18°C in winter poses minimal risk to your health when you are wearing suitable clothing.
- Get your heating system and cooking appliances checked and keep your home well ventilated.
- Use your electric blanket as instructed and get it tested every three years. Never use a hot water bottle with an electric blanket.
- Do not use a gas oven or cooker to heat your home, it is inefficient and there is a risk of carbon monoxide poisoning, which can kill.
- Make sure you have a supply of heating oil or LPG or solid fuel if you are not on mains gas or electricity to make sure you do not run out in winter

### *Keep in the warmth by*

- Fitting draught proofing to seal any gaps around windows and doors
- Make sure you have loft insulation. If you have cavity walls make sure they are insulated too.
- Insulate your hot water cylinder and pipes
- Draw your curtains at dusk to keep the heat generated inside your rooms
- Make sure your radiators are not obstructed by furniture or curtains.

### *Look after yourself*

- Food is a vital source of energy and helps keep your body warm so have plenty of hot food and drinks
- Aim to include five portions of fruits and vegetables. Tinned and frozen vegetables count toward your five a day
- Stock up on tinned and frozen foods so you don't need to go out too much when it's cold and icy.
- Exercise is good for you all year round and it can keep you warm in winter
- If possible, try to move around at least once an hour, but remember to speak to your GP before starting any exercise plans
- Wear lots of thin layers- clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat.
- Wear good fitting slippers with a grip indoors and shoes with a good grip outside to prevent trips slips and falls.
- Make sure you have spare medication in case you are unable to go out
- Check if you are eligible for inclusion on the **priority services register**, operated by your water and power supplier

## **Key Public Health Messages**

### ***Look after Others***

- Check on older neighbours or relatives, especially those living alone or who have serious illnesses to make sure they are safe, warm and well.

### ***Get Financial Support***

- There are grants, benefits and advice to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to before winter sets in.