



STAY WELL OVER WINTER

Stay warm – Keeping warm helps prevent colds, flu and other serious health problems. Try heating your home's main living room during the day to 18–21°C (64–70°F) and other rooms to 16°C (61°F). If people visit, just open your windows for ten minutes – COVID-19 is spread through the air, so letting fresh air in can really help.

Vitamin D – This helps to maintain a healthy body, including your immune system, teeth and bones. Winter means shorter days and longer nights, so our bodies don't get all the vitamin D we need from the sun. Taking a daily supplement containing 10 micrograms of vitamin D during autumn/winter can help this, especially for people who are African, African-Caribbean or South Asian.

Have your annual flu jab – This year there will be more cases of flu as people go out again and socialise: manchester.gov.uk/getmyjab

If you are due a COVID-19 vaccination or booster, make sure you have it so you have the maximum protection possible against the disease: manchester.gov.uk/getmyjab

Get help, when you need it – Talk to your pharmacist/GP about any health concerns or changes to your body that you notice. The sooner you access healthcare services the more treatable a condition can be. Pick up some free COVID-19 self-test kits while you are there. These are the rapid tests for when you don't have COVID-19 symptoms – just to be on the safe side because some people catch the virus without showing any signs of it.

Manchester's Community Response Hub

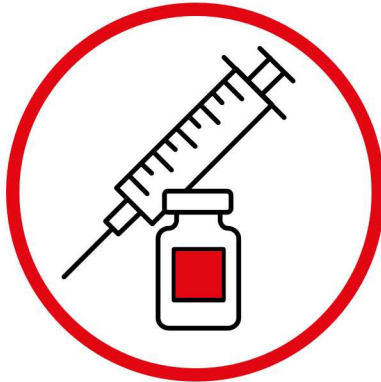
This is open Monday to Friday, 9am–5pm.

The Hub can help with:

- Support with access to food
- Delivery of medication
- Combating loneliness
- Managing fuel top-up payments
- Getting access to services online; Freephone: **0800 234 6123**;
text: **078600 22876** Messages will be responded to by the next
working day; email COVIDSupport@manchester.gov.uk

MANCHESTER'S WINTER IS COMING

Be ready for winter



Make sure you have:



Both doses of the COVID-19 vaccine



Your COVID-19 booster jab



Your flu jab.

**This winter will be hard with COVID-19,
flu and other seasonal bugs.**

Protect yourself and others:

manchester.gov.uk/getmyjab



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