





# Staying well this winter

### **Get your vaccines**

- COVID-19: seasonal vaccines are available for people over 65, in a clinical risk group, who live with someone who is immunocompromised, or a carer. www.newham.gov.uk/covidvaccine
- Flu: people who are 65 and over, anyone who is pregnant, and people with specific health conditions.
   www.newham.gov.uk/flu
- Polio, MMR and other childhood immunisations: children can catch up on their vaccines at any time, see www.wellnewham.org.uk/childhood-vaccinations for more information.

## Keep yourself safe from winter illnesses

- Let fresh air in if meeting indoors, or meet outside.
- If you feel unwell, try to stay home and avoid contact with others, especially vulnerable people, until you feel better. If you have to go out, wear a face covering.
- Wash your hands regularly for at least 20 seconds with warm water and soap.
- Cover your mouth and nose when coughing or sneezing.
  Use tissues and throw them away, and wash your hands.

### Staying healthy

- Eat fresh fruit and vegetables as much as you can, and aim for one hot meal a day.
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity).

#### www.wellnewham.org.uk/keeping-active

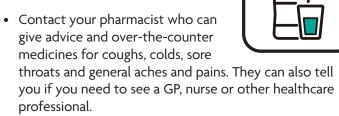
 Connect with others and check in on your friends and neighbours. Find out about the different ways to stay connected in Newham, including the Community Neighbourhood Link Worker.

Visit www.newham.gov.uk/CNLW



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 60 or older, find out more at www.wellnewham.org.uk/vitamin-d or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.wellnewham.org.uk/healthy-start

### What to do if you feel unwell





- If you have a medical emergency, call 999 or go to your nearest A&E department.
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 175 1770 or the Crisis Line 0800 073 0066 (24 hours a day, every day).

# Getting help with the cost of living

 Our Newham Money can help if you're not able to afford heating, food or other essentials:



www.ournewhammoney.co.uk or call 020 8430 2041

 The Newham Food Alliance can help with food: Call 07790 975086 or email

#### frontdoor@newhamfoodalliance.org

- Find out more about energy grants, advice and services: www.newham.gov.uk/energygrantsadvice
- Stay Warm in Newham: info@renewalprogramme.org.uk or 020 8471 6954
- It is important to warm your home safely and reduce any risks. For more information visit

#### www.london-fire.gov.uk/safety/the-home

• Find out what support is available to help with the cost of living: www.newham.gov.uk/costoflivingresponse



