

# KEEPING WELL THIS WINTER

*How to keep yourself, friends and family safe*



## Have Covid-19 and flu vaccinations

Having your Covid-19 vaccinations is the best way to reduce the risk of being seriously ill and hospitalised. Get your first, second or booster jabs!

The flu vaccination is the best protection to avoid catching and spreading flu. If you are eligible, please have the flu vaccination as soon as possible.



## Wear a mask

Covid-19 and flu viruses are airborne. Protect yourself and help to prevent passing on Covid-19 or flu to other people by wearing a mask in any busy or indoor public spaces. Remember you can still catch and pass on Covid-19 when you have NO symptoms and have been vaccinated.



## Regular testing

As many people have Covid-19 without any symptoms, take regular Lateral Flow Tests to check that you are OK and not accidentally passing on Covid-19 to other people.



## Isolate and test when symptoms appear

The rule of thumb – if you are unwell stay at home until you get better. It can be difficult to tell the difference between cold, flu and Covid-19 symptoms, so please take a Covid-19 PCR test to check. If this test result is positive, please follow the isolation guidance.



## Ventilation

When indoors and mixing with people from different households, open windows and/or doors to keep the room well ventilated. This allows fresh air to circulate to reduce the number of any virus droplets that you could breathe in.



## Hands and space

The simple steps of keeping your distance from people not from your household and washing your hands regularly will help to reduce your chance of breathing in or touching any Covid-19 or flu virus droplets.