

# 5 Questions to Help You Stay Fit and Well this Winter



If you are aged 65 and over or living with a long term health condition, here are five basic questions you can ask your GP, community nurse or local chemist, that could help you stay fit and well this winter:

- **Do I need a flu jab?**
- **Would a medicines review help me?**
- **Have I got a care plan/checklist of what to do if I think I'm getting ill, 24 hrs a day, 7 days a week?**
- **Have I got the right medicines at home to treat myself if I get a minor illness such as a cold, upset stomach or earache?**
- **Are there any other local information or support services available for people with my condition?**

**Other useful sources of information:**

For practical advice and information about help that is available to make sure that you keep warm this winter go to [www.nhs.uk](http://www.nhs.uk) and select the Winter Health option under Living Well

Need to find NHS services in your local area? Go to [www.nhs.uk](http://www.nhs.uk) and use their free on-line service finder

**Add your own useful telephone numbers and contact details here:**

**Please remember. Keep A&E and 999 services free for life-threatening and emergency conditions.**