

Staying well this winter

We've put together the following advice and information to help the people of Wiltshire stay safe and well this winter.

Help stop the spread of Covid-19

This winter will be challenging for health and care services as the pandemic continues, so it's important for all of us to play our part in preventing the spread of Covid-19.

For the latest national information and guidance check out the Government website: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Wiltshire Council also has a dedicated Covid-19 page which is updated regularly: wiltshire.gov.uk/public-health-coronavirus

BaNES, Swindon and Wiltshire Clinical Commissioning Group also provides regular updates, as well as a Q&A on the vaccination programme: bswccg.nhs.uk/latest-covid-19-updates

Keep warm and well

Keeping well will allow you to do more and keep your independence. Being cold isn't just uncomfortable it can be bad for your

health. Sitting or sleeping in a cold room isn't good for you and increases the risk of heart attacks, stroke and breathing problems. Check the weather forecast and be ready for cold weather.

Heating your home to at least 18C is particularly important if you have reduced mobility, are 65 and over, or have a health condition, such as heart or lung disease.

Get your flu jab

This winter, the free flu vaccine will be offered to a record 30 million people to help protect as many as possible from flu and ease pressure on the NHS during the Covid-19 pandemic. Find out more [here](#).

Look after your mental health

The pandemic has increased the mental health pressures on many people but lots of support and advice is available if you're worried about your own, or someone else's, mental health. [Read our guide](#) to looking after your wellbeing.

Visit our website for more information: healthwatchwiltshire.co.uk/advice-and-information

Share your experiences of services during Covid-19

Healthwatch Wiltshire is looking for feedback from people who have used health, care and community services during the Covid-19 pandemic.

Since March 2020, services have had to change the way they work to meet Covid-19 safety guidelines, while voluntary and community groups have stepped up their support to help local people.

We want to understand how these changes have been working for you, what's been good and what could be better. We'd also like to hear your experiences of getting the Covid-19 vaccine as the vaccination programme gathers pace across Wiltshire.

[Fill in our survey online](#) or call us on 01225 434218 to complete over the phone or request a paper copy.