



Wash your hands

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and viruses such as flu and coronavirus (COVID-19).





ndoors

Keep your indoors warm

- You should heat your home to a temperature that is comfortable for you. Low indoor temperatures can have a serious impact on your health, especially if you have medical conditions or are older.
- Simple changes can help to keep you and your home warm. These include:
- try to heat rooms you spend a lot of time in, such as the living room or bedroom, to at least 18°C
- try to reduce draughts; you can fit draft excluders around doors cheaply
- keep your bedroom windows closed at night
- wear several layers of thinner clothing; this could keep you warmer than one thicker layer





Stay Protected

Key winter vaccinations

COVID-19

- Who should get it? The COVID-19 vaccine is recommended for adults aged 65 and over, residents of care homes, those with underlying health conditions aged 6 months to 64 years and pregnant women.
- Why is it important? COVID-19 can cause severe illness, especially in vulnerable populations. The vaccine helps reduce the risk of severe disease and hospitalization.

Flu

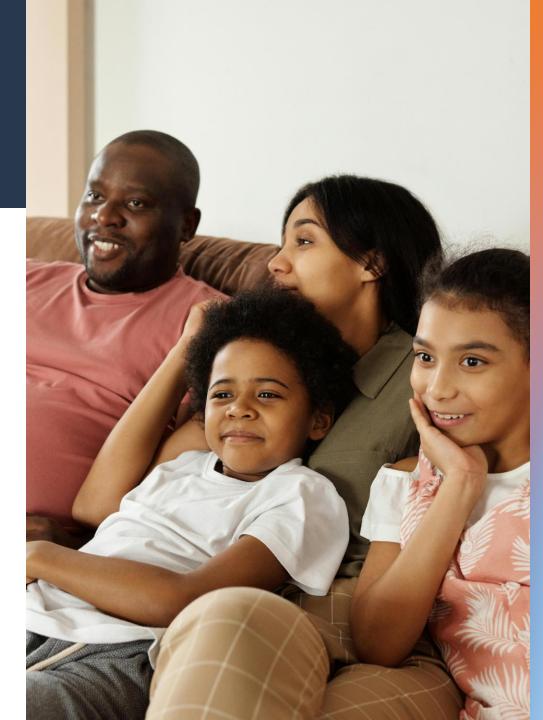
- Who should get it? The flu vaccine is recommended for similar groups as the COVID-19 vaccine, including older adults, those with chronic health conditions, pregnant women, and young children.
- Why is it important? Flu can lead to serious complications, particularly in older adults and those with weakened immune systems. Vaccination helps protect against the most common strains of the flu virus.

Shingles

- Who should get it? The shingles vaccine is typically recommended for adults aged 70 to 79.
- Why is it important? Shingles can cause a painful rash and long-term nerve pain. Vaccination reduces the risk of developing shingles and its complications.

RSV (Respiratory Syncytial Virus)

- Who should get it? This year, the RSV vaccine is being offered to older adults aged 75 to 79 and pregnant women from 28 weeks.
- Why is it important? RSV can cause severe respiratory illness in older adults and infants. The vaccine helps protect those at greatest risk.





Eat Well

- Get your 5-a-day
- When you have flu, it's important to keep eating and drinking, even if you don't feel like it.

AT Beacon Project run a 6 month Fruit and Vegetables on Prescription scheme and a 6month Reward Programme. Visit any of our hubs in Lambeth to check your eligibility for the next sign up.

www.atbeaconproject.org

