



# W.I.P.E it Out

Winter Illness Prevention Education





# Wipe it out.....

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**W**ash 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).**



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## IIndoors

### 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



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## Stay **P**rotected

### 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.



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## **E**at 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](http://www.atbeaconproject.org)

