

KEEP WELL AND STAY HEALTHY

My to do list

- Keep a well-stocked medicine cabinet
- Take regular exercise
- Cut down or stop smoking
- Have the flu jab

Tips on looking after yourself and reducing your chances of becoming ill

SEVEN TOP TIPS TO HELP YOU STAY HEALTHY

One of the best ways to stay out of hospital is to look after your health. By taking good care of yourself you can greatly reduce the chances of becoming ill.

1 HAVE AN ANNUAL FLU JAB

For the majority of people who catch it, flu is unpleasant, but for some it can lead to chest infections, severe complications and death.

The flu vaccination is free for:

- those aged 65 and over
- those aged six months to under 65 in clinical risk groups (with a long-term health condition)
- pregnant women
- all 2, 3 and 4-year-olds
- children of school years 1 and 2 age
- those in long-stay residential care homes
- carers
- primary school-aged children in areas that previously participated in primary school pilots in 2014/15

2 KEEP WARM

Check your home is warm enough. The main living area should be around 21°C (70°F) and bedrooms should be 18°C (65°F). If you are worried about costs of heating, you may be eligible to receive heating bill benefits, such as winter fuel payments (see useful websites overleaf).

3 DRESS FOR THE WEATHER

Wear lots of thin layers. Clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat. In icy weather, wear shoes with a good grip which will help prevent slips and falls.

4 EAT WELL

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best – and remember to eat five portions of fruit and vegetables each day. *Further information is available on the NHS Choices website: www.nhs.uk*

5 TAKE CARE IN HOT WEATHER

Most of us welcome hot weather, but when it's too hot for too long there are health risks. Make sure the hot weather doesn't harm you or anyone you know. The very young, the elderly and the seriously ill are the groups who are particularly at risk of health problems when the weather is very hot. In particular, very hot weather can make heart and breathing problems worse. *Further information on staying healthy in hot weather is available on the NHS Choices website: www.nhs.uk*

6 TAKE REGULAR EXERCISE

You do not have to join a gym to do this. Walk to the shops instead of taking the car or get off one stop before you need to on the bus. **NHS Choices** has lots of information on how to begin exercising: www.nhs.uk

7 BE A GOOD NEIGHBOUR

Check on neighbours and those in your local community who you think might need a little extra help, especially older and vulnerable people. This is particularly important during periods of extreme weather.

LOOKING AFTER YOURSELF

There are many occasions when you can easily treat yourself, which is why it is important to have a well-stocked medicine cabinet (*a list of what should be included in your up-to-date medicine cabinet can be found on the NHS Choices website*). For minor cuts and stings to hangovers and upset stomachs, you can buy effective remedies over the counter at your local chemist or supermarket.

IF YOU ARE UNABLE TO TREAT YOURSELF, THEN CONSIDER:

- **contacting your GP.** If the surgery is closed there will be a recorded message directing you to the out-of-hours service.
- **phoning NHS 111** for immediate advice – calls from both landlines and mobiles are free.
- **visiting a Minor Injury Unit** – there are a number of Minor Injury Units (MIUs) and First Aid Units (FAUs) across Oxfordshire. These run on a drop-in basis and patients are seen in order of clinical priority. There are MIUs in Abingdon, Henley and Witney. There are FAUs in Bicester, Chipping Norton and Wallingford. Further details are available at www.oxfordshireccg.nhs.uk/your-health/choose-well

REMEMBER...

- **If you smoke**, then cut down or STOP. Smoking can cause cancer, contribute to heart disease, breathing difficulties and other complaints including high blood pressure. It makes you look older and can lead to not being able to smell or taste.

For further advice, go to:

www.nhs.uk/livewell/smoking

- **If you drink alcohol**, make sure you stay within the recommended units. Don't 'binge'. Do eat a meal before drinking and pace alcoholic drinks and alternate with water or soft drinks.

For further advice, go to:

www.nhs.uk/livewell/alcohol

BE PREPARED

- **Keep a list of emergency contacts** by your phone or bed and make sure you know where your nearest Minor Injury Unit or First Aid Unit is located.

My GP's telephone number is:

- **Keep a list of useful websites** for NHS Health Promotion.

- If you are unable to get out for essential items then **ask a friend or neighbour to help**.
- **Consult your local pharmacist** – they will give good advice over the counter. You can also set up regular repeat prescriptions which will avoid the need to visit your GP every time.
- **Have your medications reviewed regularly** by either your GP or pharmacist.

USEFUL WEBSITES AND CONTACTS

- **Advice on exercise:**
www.nhs.uk/changeforlife
- **Advice on healthy eating:**
www.nhs.uk/livewell/healthy-eating
- **Advice on common complaints:**
www.selfcareforum.org/facts-sheets
☎ 020 7421 9318
- **Age UK Helpline:** ☎ 0800 169 2081
- **Winter Fuel Payment:**
www.gov.uk/winter-fuel-payment
- **Cold Weather Payment:**
www.gov.uk/cold-weather-payment

Advice on social and health care

- **Oxfordshire County Council** has a range of adult social care services:
www.oxfordshire.gov.uk
- **Carers Oxfordshire:**
www.carersoxfordshire.org.uk
Call Carers Oxfordshire and/or the County Council's Social and Health Care Team: ☎ 0845 050 7666
- **Better Housing, Better Health (BHBH):** aims to reduce the health impacts of cold and damp housing:
www.bhbh@nef.org.uk
☎ 0800 107 0044

Advice on OUH hospital-based services

Patient Advice and Liaison Service (PALS) Information and assistance to patients, relatives and visitors:

JOHN RADCLIFFE HOSPITAL
☎ 01865 221 473

CHURCHILL HOSPITAL
☎ 01865 235 855

NUFFIELD ORTHOPAEDIC CENTRE
☎ 01865 738 126

HORTON GENERAL HOSPITAL
☎ 01295 229 259

PALS opening times are:
9am - 5pm (Monday - Friday)

Main switchboard (John Radcliffe Hospital, Churchill Hospital, Nuffield Orthopaedic Centre and Horton General Hospital) ☎ 0300 304 7777

Oxford Health NHS Foundation Trust Patient Advice and Liaison Service
☎ 0800 328 7971
or email PALS@oxfordhealth.nhs.uk