







6 ways to look after yourself this winter



-  **1. Get your free flu jab if you're 65+ or a carer.**
Check which other important vaccines you may be eligible for, such as the COVID autumn booster and RSV, shingles and pneumococcal jabs.
-  **2. If you're worried about your health, get it checked out.**
Speak to a healthcare professional, call 111, or go to a local pharmacy.
-  **3. Talk to someone if you're feeling out of sorts or lonely.**
Your mental health matters.

-  **4. Wrap up and keep your home warm enough.**
As we get older, changes to our bodies can mean the cold affects our health more than it used to.
-  **5. Get support if you're struggling with your finances.**
Visit our website or call our advice line if you're having trouble paying your bills.
-  **6. Keep moving and eat enough this winter.**
It's important to stay hydrated too.

For more tips, advice and ways to get support this winter, visit www.ageuk.org.uk/winter or call the Age UK Advice Line free on **0800 169 65 65** (8am-7pm, 365 days a year)