

# Information on staying safe and healthy this winter

Royal Borough of Greenwich



easy  
read



# Staying warm



Living in a cold home can give you health problems.



‘Stay Warm Stay Safe’ is a support service that can help you if you are finding it difficult to keep your home warm.



You can look at their website here:  
[www.livewellgreenwich.org.uk/swss](http://www.livewellgreenwich.org.uk/swss)



You can contact them by phone:

0800 470 4831

# Feeling happy



Winter can be a difficult time for many of us.

Here are some things you can do to stay feeling happy and positive:



- Stay active and do some exercise.



- Keep in touch with family members and friends.



- Go for a short walk to get some fresh air.



If you are having a difficult time it is okay to ask for help. There is lots of support that can help you.



For more information you can look at our website here:

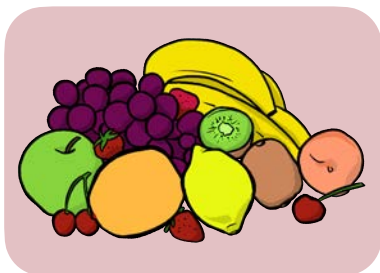
[www.livewellgreenwich.org.uk/lookafteryou](http://www.livewellgreenwich.org.uk/lookafteryou)



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0800 470 4831

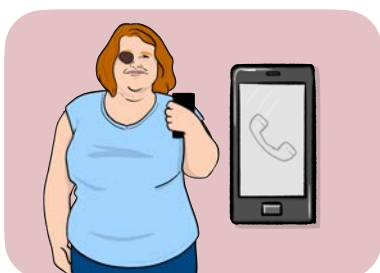
# Eating healthily



Eating healthily over winter can help keep you safe from illnesses.



If you are finding it difficult to pay for food you can get help and support.



Call 0800 470 4831 to speak to someone.



There is more information on this website:  
[www.livewellgreenwich.org.uk/eatwell](http://www.livewellgreenwich.org.uk/eatwell)

# Getting your vaccine



A **vaccine** is a jab that helps to stop you being ill with a certain illness.



Getting your COVID-19 and flu vaccines are the best way to stop getting ill this winter.



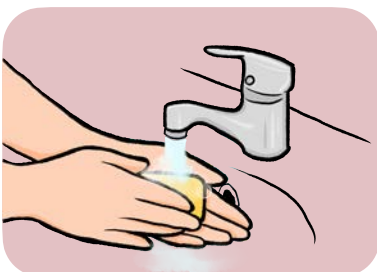
To find out more about your COVID-19 and flu vaccines you can look at this website:

[www.selondonccg.nhs.uk/wintervaccinations](http://www.selondonccg.nhs.uk/wintervaccinations)

## Other things you can do to stay safe and protect others from COVID-19



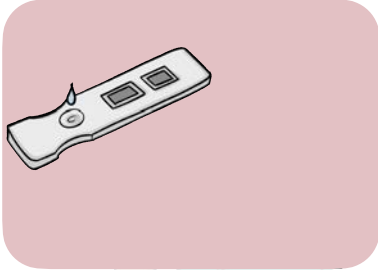
- Wear a face covering in busy places like shops and on public transport.



- Wash your hands often.



- If you are meeting people indoors let fresh air in through windows.



- Test yourself for COVID-19 often.



For more information you can look at our website here:

[www.royalgreenwich.org.uk/rapidtest](http://www.royalgreenwich.org.uk/rapidtest)

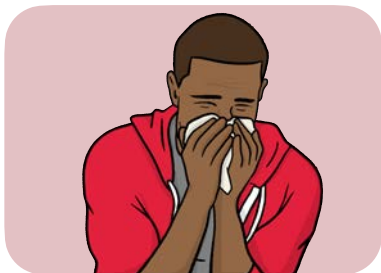
# Where to go if you feel ill



It can be difficult to know which health service to go to when you feel ill.



You can go to your local pharmacy for less serious illnesses like:



- colds.
- aches and pains.



For other illnesses you can find out which health service you need by:

- visiting [www.111.nhs.uk](http://www.111.nhs.uk)



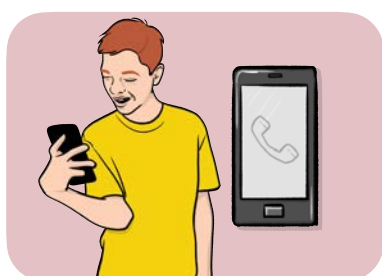
- calling NHS 111.



# For more information



You can look at our website here:  
[www.royalgreenwich.gov.uk/  
togetherforwinter](http://www.royalgreenwich.gov.uk/togetherforwinter)



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