

Jeśli potrzebujesz tę ulotkę napisaną w języku polskim, wejdź na stronę

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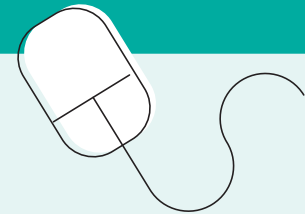
瀏覽以下網址可閱讀本文之繁體字版本

Pentru o copie a acestui pliant scris în limba Română, vă rugăm să accesați acest site web

ابوتكم روشنم اذه نم قخسن ىلع لصحت ىك
ىلاتلا ىنورتك لىلا عقوملا قراىزب مق . قىبرع لىلا لىلاب

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bnssghealthiertogether.org.uk/wellbeing/



Covid-19 vaccination

I haven't had a vaccine. Why should I have it now?

- Covid-19 is an unpredictable illness and being vaccinated provides long-lasting, strong protection.
- You need to be vaccinated to travel abroad.
- Don't worry if it's taken you until now to decide – you'll be very welcome at any vaccination clinic

Is the vaccine safe?

- Billions of people around the world have had the safe and effective Covid-19 vaccine.
- The vaccine teaches your immune system to have a strong defence against the virus and does not stay in your body.

How do I have my vaccine?

- You can find full details at grabajab.net or by calling 119.

NHS 111

If you need medical help urgently, but it's not life-threatening, contact NHS 111 first rather than going straight to A&E.



NHS 111 will help you right away and direct you to the best service for your needs. If needed, a healthcare professional will call you.

NHS 111 is available 24 hours a day. You can access it online at 111.nhs.uk or on the NHS App, or by calling 111 free of charge.

Healthier Together @ Home

If you, or someone you know, have had a positive Covid-19 test in the last week you may be eligible for a free NHS home monitoring service.

This service helps keep people well at home, and allows extra medical help quickly if needed. Find out more: bnssghealthiertogether.org.uk/covid-19/healthier-together-at-home



Taking action to keep well and understanding where to go when you need support is important.

In this leaflet you will find more information on the services available to you, along with contact details.

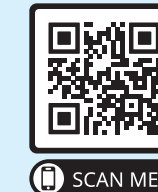
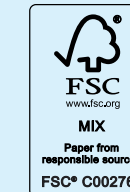
Your health matters

help us help you

NHS



Keep this card safe as a handy reference – pop it on a pinboard or a fridge door!



Scan this QR code or visit bnssghealthiertogether.org.uk/wellbeing/ to learn more – you might be surprised at the support that's on offer!



Helping you to plan your health and wellbeing

Getting the right health and care services for your needs

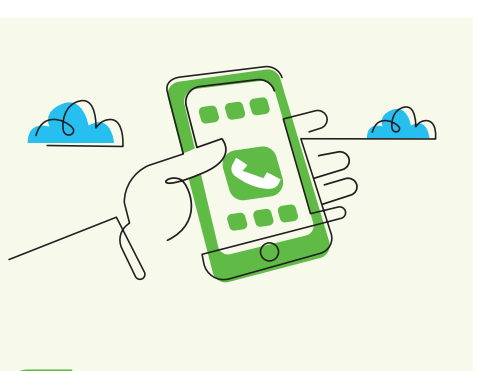




10 ways to stay well

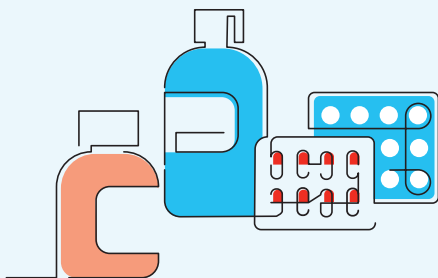
1 Get self-care aware

From having a well-stocked medicine cupboard, to apps you can download, there's lots you can do to keep yourself well. Try downloading the 'HANDi' app, You can also download the 'getUBetter' app, which provides 24/7 support for common injuries like back, leg, and ankle pain.



2 Get to know your local pharmacy

Your local pharmacists are experts in medicines and can help with minor health concerns. They can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, tummy trouble and aches and pains. Go to: nhs.uk/service-search/pharmacy



3 Look after your mental wellbeing

These are tough times. Make sure you reach out to family and friends for support, get some fresh air and take time for yourself. Some useful phone numbers: **Samaritans: 116 123**, **CALM for men: 0800 58 58 58**, **Papyrus** (if you're under 35): **0800 068 41 41**, **Childline** (if you're under 19): **0800 1111**, and **The Silver Line** (for older people): **0800 4 70 80 90**.

4 Grab a job

It's important to protect yourself and your loved ones from Covid-19. Vaccines are our best defence against the virus and it's not too late to have your first, second or booster vaccines, if you are now ready. You need a full course to have the best possible protection. Up to date information can be found at nhs.uk or grabajob.net

5 Know before you go

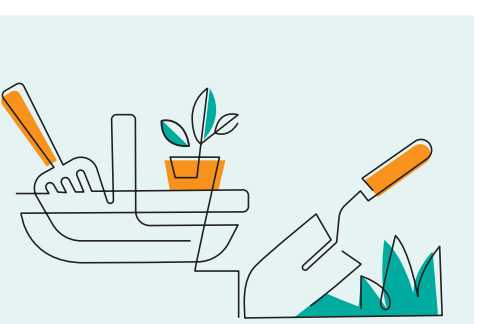
NHS 111 can help if you have an urgent medical problem and you're not sure what to do. 111 is staffed by clinical professionals, all day and throughout the night, so there is always somebody available. Go to: 111.nhs.uk or call 111.

6 Exercise to put a smile on your face

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on your mood. Visit: nhs.uk/every-mind-matters for more tips.

7 Get registered at your local GP practice

Registering with a General Practitioner (GP or doctor) is easy, and practices offer both face-to-face and online appointments. Visit: nhs.uk/nhs-services/gps for more help with registering with your local GP services.



9 Get involved with your local community

Volunteering is an opportunity to give something back to the community and make a difference to people local to you. You can also develop new skills or build on existing experience and knowledge. Charity work can boost your self-confidence, self-esteem, and improve your mood.

8 Stay safe

More than ever, it's important to look after ourselves and those around us. Covid-19 remains a serious health risk. Let fresh air in if you meet indoors and give people space. Meeting outdoors is safer. Consider wearing a face covering in crowded and enclosed spaces. Perhaps stay at home if you're not feeling 100% to help protect others.

10 Get all the information you need

Go online to find out more at bnssghealthier.together.org.uk/wellbeing or by scanning this QR code with a smartphone.



SCAN ME

