

Stay Well This Winter: Social media messages

General campaign messaging

- Winter can be tough for our wellbeing but there's lots you can do to protect yourself and your loved ones. For details of support and advice in Bristol, North Somerset and South Gloucestershire, visit the [Stay Well This Winter](#) website. #StayWellBNSSG
- Protect your physical and mental wellbeing this winter. For details of the support available from local services in Bristol, North Somerset and South Gloucestershire, visit the [Stay Well This Winter](#) website. #StayWellBNSSG
- Take steps to stay well this winter in Bristol, North Somerset and South Gloucestershire. Health, care and voluntary services offer lots of advice and support – find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Boost your immunity

- Have you had your flu and Covid-19 vaccines this winter? Getting vaccinated helps keep you and your loved ones safe by reducing the risk of serious illness, hospitalisation and passing an illness onto others. Find out if you're eligible for a free vaccine and book your appointment via the [NHS website](#) or [NHS App](#) or visit the [Stay Well This Winter](#) website. #StayWellBNSSG

Stay active

- Did you know people who are inactive have an increased risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia? There are lots of activities you can do at home and in your community to keep active. For tips and ideas visit the [Stay Well This Winter](#) website. #StayWellBNSSG

Seek help with cost-of-living worries

- If you're worried about your finances this winter, visit your local council where friendly advisers can go through the help you're entitled to, from pension credits to help with food and energy bills. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Hand hygiene

- Don't let viruses get into the wrong hands this winter. Regularly washing your hands reduces the risk of passing on flu and COVID-19 to vulnerable people within our local community. Wash your hands with warm water and antibacterial soap to protect
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yourself and others around you. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Look out for neighbours

- Keep in touch with older and more vulnerable neighbours and relatives during the winter months and remember they may need extra help to #staywell. Make sure they get any repeat prescriptions before the Christmas holidays and possibly help with collecting medicines. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Winter safe home

- Make your home winter safe. Simple changes around your home can make it a safer place and help you stay well – for example moving rugs or mats away from the stairs, installing a night light, or clearing clutter like trailing wires. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Pharmacy

- Let your pharmacist help you stay well this winter. Pharmacists can advise you on how to self-care for minor winter ailments and advise whether you need to see a GP or other healthcare professional. They can also supply prescription-only medicines for some common illnesses, without you needing a doctor's appointment. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Mental health and wellbeing

- It's not always easy to ask for help when you're struggling with your mental health. But even small steps can make a big difference. Visit the Healthier Together website for tips on managing anxiety and stress, and guidance on local support services, including NHS Talking Therapies. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Repeat prescriptions

- If you have a repeat prescription, remember to get your next order in at least 7 days before you run out. When you need to order more, you can do this on the NHS App, online, over the phone or face to face at your GP surgery. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG

Self-care

- Having a well-stocked medicine cabinet can be your first line of defence against common winter conditions. Simple things like painkillers, cough syrup, cold and flu treatment, diarrhoea relief and a first aid kit can keep you well at the first sign of illness. Find out more on the [Stay Well This Winter](#) website. #StayWellBNSSG