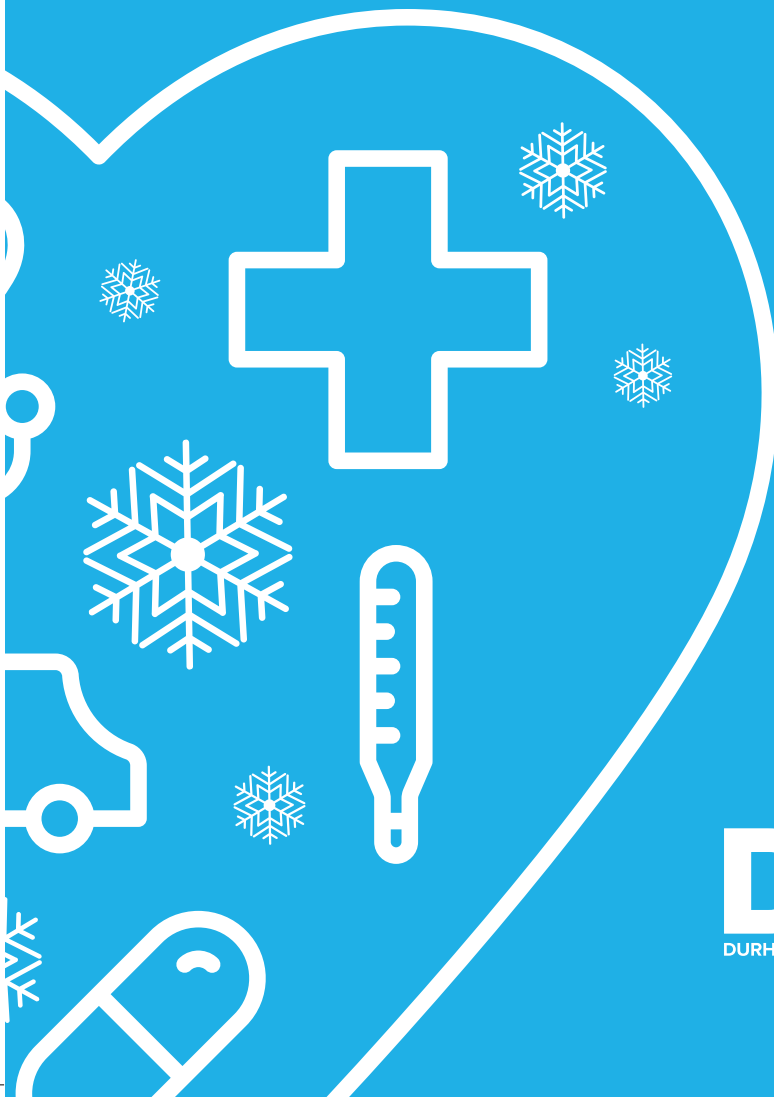


KEEP WARM, KEEP WELL

THIS WINTER

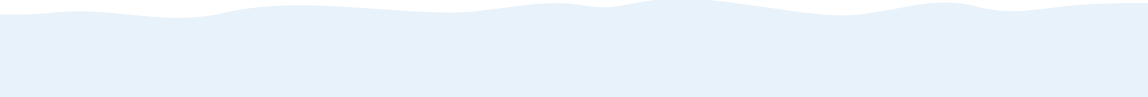


DDHF
DURHAM DALES HEALTH FEDERATION



'TIS THE season OF HAPPINESS & health

SO, KEEP WARM...

- Keeping warm can help reduce your risk of colds and flu, as well as more serious problems such as heart attacks, strokes, pneumonia and depression.
 - If you're over 65 or have an ongoing health problem, keep your home heated to at least 18°C and make sure you wear warm clothes. A hot water bottle or an electric blanket is a great way to help you keep warm through the night.
 - If you're worried about the extra costs of heating your home through the winter, you may be eligible for financial help and advice, such as the Winter Fuel Payment. For more information visit www.gov.uk/phe/keep-warm or call the Energy Saving Advice Service on 0300 123 1234.
 - Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely. If you live in rented accommodation, ask your landlord to arrange this.
 - If you have an elderly or vulnerable neighbour or relative, take the time to check up on them to make sure they're safe and prepared for cold weather.
- 

...AND KEEP WELL THIS WINTER

Most of us are more prone to illness during the winter months. Following these few simple steps can help you and your family keep colds and flu, and more serious illnesses, at bay.

1. **Get your free flu jab**

Contact your GP or pharmacist to see if you are eligible to receive a free flu jab this winter.

2. **Eat well**

Boost your immune system by eating regular, balanced meals and aim to include your 5 daily portions of fruit and veg - hot meals and drinks are a great way to help stay warm! Stock up on tinned and frozen foods so that you don't have to go to the shops when it's very cold or icy.

3. **Stay active**

Exercise is good for you all year round, but in the winter it can also help you keep warm! If the weather is bad outside, try not to sit still for more than an hour when you're indoors. If walking is difficult, chair-based exercises can be helpful!

4. **Dress for the weather**

Wearing lots of thin layers is the best way to maintain body heat. If you're heading outside, wrap up warm and wear shoes with good grip to prevent slips and falls.

5. **Avoid catching colds and flu**

Cover your nose and mouth with a tissue when you cough and sneeze, and encourage friends and family to do the same. Throw away used tissues and wash your hands as soon as possible and stock up on cold and flu remedies.

If you have an elderly or vulnerable relative or neighbour, take the time to check up on them to make sure they're safe and prepared to keep well this winter.



FLU JABS

For most of us, flu can be an unpleasant but short-lived illness. However, some people are more likely to get flu than others and can experience a more severe illness and complications such as pneumonia. The flu jab helps to protect those who are more vulnerable to flu and its effects.

Am I eligible for the vaccine?

The following people should make sure they get their free flu jab this winter:

- People aged 65 and over (or those who will be 65 by the 31st of March 2017)
- Pregnant women
- People with certain medical conditions and/or a weakened immune system, and sometimes those who live with them
- People living in residential or care homes
- Carers for an elderly or disabled person
- Frontline health and social care workers

If you are the parent or guardian of a child born between 1 September 2011 and 31 August 2014, or any child over 6 months of age living with a long term health condition, your child should receive the winter flu vaccine. Children are given the vaccine as a nasal spray.

How does it work?

The flu jab is made up of an inactivated form of the virus responsible for flu, influenza. Because the influenza virus changes slightly each year, the vaccination changes each year depending on which influenza strain is likely to be circulating. Your body mounts an immune response against the vaccine which means that if you encounter the virus again, you are much less likely to catch flu, or if you do, the illness will be milder and shorter lived. You usually only need one pneumococcal vaccine to confer lifelong protection.

Is it safe?

The flu jab is very safe. Because it contains an inactivated form of the influenza virus, you cannot get flu from having the vaccine. In most people, it causes no side effects however it can cause a mild fever and aches in a small number of people.

Where can I get it?

Visit your local GP or pharmacist in order to get your free flu jab.

TIME TO VACCINATE

FLU SEASON IS BACK...

You can now make an
appointment for your flu jab.

To book an appointment please
speak to one of our receptionists, or
alternatively call the surgery during
practice opening hours.

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PNEUMOCOCCAL VACCINE

The pneumococcal vaccine helps to protect against serious illnesses such as pneumonia, meningitis and septicaemia, all caused by the bacteria *Streptococcus Pneumoniae*. Whilst pneumococcal infections can affect everyone, they are more likely to cause severe illness in the very young, the very old and those with certain medical conditions.

Am I eligible for the vaccine?

The following people should get a free pneumococcal vaccine on the NHS:

- People aged 65 or over
- People aged between 2 and 64 with a long term health problem and/or are have a weakened immune system
- People at occupational risk, such as welders
- Babies should receive a course of 3 PCV injections at the ages of 8 weeks, 16 weeks and one year.

How does it work?

There are two types of pneumococcal vaccine – the PPV for everyone aged 2 and above and the PCV for babies. Both the PPV and PCV contain inactivated forms of the pneumococcal bacteria. This causes your body to mount an immune response, without causing disease. If you come into contact with the bacteria again, you are less likely to get pneumococcal diseases, or if you do, the illness is likely to be milder and shorter lived.

Is it safe?

Both the PPV and PCV are very safe. They contain inactivated forms of the pneumococcal bacteria and cannot cause the diseases that they protect against. Most people experience no side effects of the vaccine; however some people may get a mild fever and redness/swelling at the injection site.

Where can I get it?

Visit your GP to get your free pneumococcal vaccine.

SHINGLES VACCINE

Shingles is a very painful and uncomfortable skin condition caused by the same virus responsible for chicken pox. The unpleasant effects of shingles can last for years after the initial rash has healed. You can't catch shingles - it occurs in people who have already had chicken-pox as a result of a reawakening of the virus. However, the shingles vaccine can help reduce your risk of developing the disease.

Am I eligible for the vaccine?

- All those aged over 70 should speak to their doctor about the shingles vaccine.
- You are eligible for a free vaccination if you were aged 70-73 and 78-79 on the 1 September 2016, until 31 August 2017.

How does it work?

The vaccine contains a weakened form of varicella-zoster virus, the same virus responsible for chicken pox. It helps your body mount an immune response to help prevent the virus reawakening and to stop you from getting shingles. If you are unfortunate enough to develop shingles despite being vaccinated, the illness is likely to be milder and shorter lived. The vaccine can protect you for 5 years or more.

Is it safe?

The shingles vaccine is very safe and cannot cause the disease it is protecting against. Most people experience no symptoms; however a small number of people may develop a chicken pox-like illness following the vaccination.

Where can I get it?

You can get your shingles vaccine at your local GP.



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