

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.00pm
Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for November 2018

1. Why is cold weather a problem?
2. How can you avoid catching colds or flu?
3. Why should you get a flu jab?
4. How warm should you keep your home?
5. Why should you keep your bedroom window closed at night?
6. What else can you do to keep warm?
7. Why is eating well important?
8. Why should I stay active?
9. How can I keep active if I am housebound?
10. How do I keep warm if I go out?



Wrap up warm

Answers on the bottom of page two

Be Prepared

As the weather turns colder in winter there is an increase in illness and injuries and in the worst - case scenarios people can die. The cold and the reduced sunlight means that many of us feel in poor health.

However, there are some simple precautions that can ease much of the misery of winter:

- To avoid becoming seriously ill from flu make sure you get a flu jab especially if you are over 65, have a long-term condition or are the main carer for an elderly or disabled person who may be at risk if you fall ill.
- Avoid catching colds or flu by encouraging visitors and relatives to cover their nose and



mouth with a tissue when they cough or sneeze.

- Throw away used tissues as soon as possible
- Wash your hands regularly with soap and water
- If you do go out, use a hand sanitiser gel
- Stock up on cough and cold remedies

Living a healthy lifestyle

As you probably know, keeping yourself fit and healthy is important all the year round but it can make an even bigger difference in winter. Hot meals and drinks keep you warm so aim to eat at least one hot meal a day and have plenty of hot drinks. You need to plan your meals

and keep your diet as varied as possible. It is important to eat at least five portions of fruit and veg a day and remember that tinned and frozen fruit and veg count towards that number. It's a good thing to stock up on these so you don't have to go out for supplies when it's cold or icy. You also need to stay active as not only is this good for you overall, but it also helps keep you warm. If possible, move at least once an hour. Get up and walk around, make your self a warm drink and spread any chores through the day. Chair based exercises and simply moving your arms and legs and wiggling your toes are helpful if walking is difficult. If you do go out, wear lots of thin layers- clothes made from cotton, wool or fleecy fibres are particularly good at maintaining your body heat. Wear shoes with a good grip to prevent slips and falls when you are walking and a hat because they are especially effective for keeping warm. Always take a mobile phone with you when you are outside.

Heating your home effectively and



safely

Some of these heating tips may seem obvious but they can make a big difference when it comes to protecting your health and reducing your fuel bills:

- ◆ Heat your home to at least 18°C in winter, especially if you have reduced mobility, are over 65 or have a health condition. Having rooms slightly higher could be

good for your health.

- ◆ If you are over 65 or have pre-existing health conditions, you may find bedroom temperatures of at least 18°C overnight are good for your health
- ◆ Heat your home as best you can but if you can't heat all the rooms, heat the living room during the day and your bedroom just before you go to sleep
- ◆ Remember to close curtains and shut doors to keep heat in the rooms you use most
- ◆ Make sure your radiators are not obstructed by curtains or furniture
- ◆ Fit draft proofing to seal any gaps around your windows and doors
- ◆ Make sure your loft has at least 10-11 inches of insulation and your wall cavities are insulated as well.
- ◆ Do not use a gas cooker or oven to heat your home as it is inefficient and there is a risk of carbon monoxide poisoning.



If you would like to book a flu injection, purchase cough and cold remedies in advance or just want more information please speak to one of our trained members of staff.



Answers: Q1, Because it can lead to heart attacks, strokes, pneumonia, especially if you are over 65 or have a long-term health problem. Q2, Wash your hands regularly and use tissues to cover your mouth and nose when you cough or sneeze. Q3, Because having flu can cause serious illness. Q4, At least 18°C. Q5, Because breathing in cold air can increase the risk of chest infections. Q6, Layer your clothing, eat well and stay active. Q7, It helps keep your energy levels up. Q8, Because it generates heat and helps you keep warm. Q9, Walk around your house and move your arms and legs when you are sitting. Q10, Wear lots of thin layers, shoes that have good grip and a hat.