

Do you have a long-term lung condition?

Here are some top tips for staying well in Winter 2022-23

#StayWellThisWinter

#KeepWarmKeepWell

Did you know that your chances of being hospitalised with a respiratory illness, reduces if you keep warm at 18°C indoors?

Worried about heating costs? You may be able to get help paying your heating bills. Find out by ringing 0300 555 0195 (North London) or 0808 169 1779 (South London)



Protect your Lungs.

- Avoid over-crowded places or wear a mask
- Avoid anyone unwell
- Avoid enclosed spaces



Keep up to date with vaccinations.

- Yearly influenza vaccination
- Covid-19 vaccinations or boosters
- Pneumonia vaccination which may only be required once in a lifetime.

Please speak to your GP, practice nurse or pharmacist if you are unsure.



Quit smoking.

Stopping smoking is one of the best things you can do to improve your health. You are three times more likely to quit with NHS help, and there is plenty of support available. You can call the national helpline on **0300 123 1044**. There is also advice online at: www.nhs.uk/live-well/quit-smoking. E-cigarettes or vaping can be a useful way of helping quit smoking.



Stay on track with your medicines

Take your medicines regularly and at the correct dose. Plan ahead so that you don't run out, and ask your GP, nurse, or pharmacist to check your inhaler technique.

Write a plan with your healthcare provider— some people have a rescue pack at home with steroids and antibiotics. Follow your plan if you start to become unwell. Call your GP or respiratory team for help with this.



Stay active, stay well.

Walking or cycling is good for us all, and the environment. If new to exercise, please check with your healthcare professional if you are safe to do so. They can also tell you if you are suitable for a referral to Pulmonary Rehabilitation (Exercise and education classes). When exercising outdoors try to avoid very cold days.



Keep in touch with friends and family.

Make sure you ask for support when you need it. If you are 60 or over and struggling with loneliness, contact **Age UK on 0800 055 6112**. If you are under 60 you can contact the **Samaritans on 116 123**.



Eat healthily

Try and ensure you have access to fruit and vegetables this winter.

Tinned and frozen food can be as good as fresh. **Contact Age UK** (see above) for help shopping and the **Trussell Trust (0808 208 2138)** for help paying for food or finding your local food bank

