

Staying Well at Christmas

In the run up to Christmas, the County Council is sharing Public Health advice for keeping healthy and well during the festive period.

This time of year can be challenging for some, especially older people or those with health conditions. With the cold weather and holiday closures, accessing services can be tricky. The advice is to follow Public Health advice and plan ahead to minimise any holiday disruptions and make sure that you and your loved ones stay safe and well this Christmas and New Year.



Public Health Advice for a Healthy Christmas and New Year

- For medical advice or assistance that is not an emergency, contact [NHS 111](#) or a [local pharmacy](#). These services can advise on many minor winter illnesses that you can manage at home.
- [Keep warm](#). A cold home can increase the risk of health issues, particularly for more vulnerable people. Aim to heat rooms where you spend most time to at least 18°C (65°F). For help heating homes visit the [Hitting the Cold Spots website](#). All 40 Hampshire libraries are recognised as warm and welcome spaces and many are listed on the [Warm Welcome Spaces website](#).

- [Get vaccinated](#) for free, if you or your children are eligible. COVID-19 and flu are serious illnesses that can make some people very unwell. If you or your loved ones are eligible for free vaccinations, make sure these are up to date to help protect against the spread of these viruses. This year, the NHS has also launched the new [RSV vaccination programme](#) for older adults and pregnant women which can help give additional protection against the RSV (Respiratory syncytial virus) that typically circulates in winter months.
- Stock up on medicines. Check your prescriptions and ensure you have an adequate supply to last through the holidays when services are reduced or closed.
- Coughs, colds and seasonal illnesses among children are to be expected at this time of year. Parents and guardians can use the [Healthier Together](#) website and app - which has been developed by local clinicians - for advice on all the most common childhood illnesses.
- This time of year can have an impact on how people feel emotionally and mentally. Understanding and applying the [Five Ways to Wellbeing](#) - such as connecting with others and learning new skills - is proven to help boost positive mental health. For additional support and guidance, visit [Mental Wellbeing Hampshire](#).

For more information about keeping warm and well over winter visit the [Hampshire and Isle of Wight NHS website](#).

