

MANCHESTER'S WINTER WELLBEING CHECKLIST

Things you can do to stay safe, well and connected

Me and my family

- Keep active
- Covid vaccination
- Flu vaccination
- Do things you enjoy
- Medicines and useful telephone numbers
- Vitamin D
- Know COVID-19 symptoms and how to get a test

My household

(Household means people you live with under one roof)

- Support bubbles can help – know the rules
- Shopping – online and priority slots
- Keep house warm
- Housing help
- Stay in touch - Use phone and video calls too

Eating

- Eat well
- Food deliveries if self-isolating
- If in need and require access to food call Manchester Community Response Hub **0800 234 6123**

Meeting and seeing others

- Know the rules
- Meet outside
- Social distance and wear face covering
- Holidays, festivals and celebrations – do them safely

Work

- Make sure you have PPE if needed
- Travel to work – avoid crowds
- Money – where support is if self-isolating

Manchester's Community Response Hub is open Monday to Friday, 9am–5pm, for support with:

- Access to food
- Delivery of medication
- Combating loneliness
- Managing fuel top-up payments
- Getting access to services online
(Freephone: 0800 234 6123; text: 078600 22876 Messages will be responded to by the next working day) COVIDSupport@manchester.gov.uk.

Flu vaccination: It's important that everyone who is eligible gets their free flu vaccine this winter.

Stay warm: Keeping warm helps prevent colds, flu and other serious health problems. Try heating your home's main living room during the day to 18–21°C (64–70°F) and other rooms to 16°C (61°F). Remember to allow fresh air into your home regularly by opening windows to help prevent the spread of COVID-19 particles indoors.

Vitamin D: This helps to maintain a healthy body, including your immune system, teeth and bones. Winter means shorter days and longer nights, so our bodies don't get all the vitamin D we need from the sun. Taking a daily supplement containing 10 micrograms of vitamin D during autumn/winter can help, especially for people who are African, African-Caribbean or South Asian.

Get help when you need it: Talk to your pharmacist/GP about any health concerns or changes to your body that you notice. The sooner you access healthcare services, the more treatable a condition can be.

Support bubbles: Don't forget that your household is the people you live with. If you live on your own or live with children with no other adults in your home, then your support bubble is your household. A support bubble,

also known as a 'linked household', means an adult who lives on their own or who lives alone with children can join up (link) with one other household. Linked households can act as one household according to the rules.

COVID-19 symptoms: If you have a high temperature, a new and continuous cough, or loss or change of smell and taste, stay at home and book a test by visiting nhs.uk/coronavirus or ring 119. If you're told you have been in close contact with someone who has COVID-19 or you live with someone who tests positive, you must stay at home for 14 days. Only get a test if you have symptoms.

Financial support while self-isolating: Test and Trace Support Payments – the Government scheme supports residents whose earnings are affected by staying at home and isolating for 14 days. Check the criteria here:

https://secure.manchester.gov.uk/info/500361/coronavirus/8014/test_and_trace_support_payments

How to self isolate and what to do

Stay at home guidance for households with possible or confirmed COVID-19 infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

When to self isolate and what to do:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

How long to self isolate for: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

Useful websites:

www.manchester.gov.uk/coronavirus
www.gov.uk/coronavirus