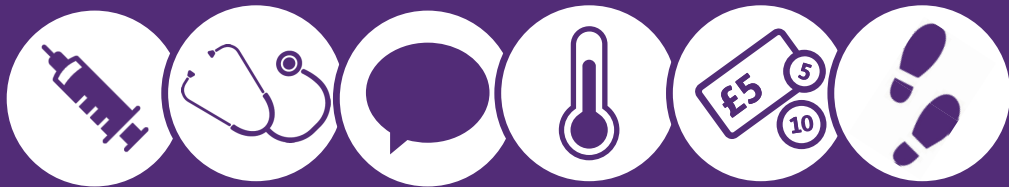


# 6 ways to look after yourself this winter



 age UK

Spread the warmth this winter

- 1 Get your free flu jab and COVID-19 autumn booster** if you're 65+ or a carer. Check which other vaccines you may be eligible for, such as the shingles and pneumococcal vaccine.
- 2 If you're worried about your health, get it checked out.** Speak to a health care professional, call 111, or go to a local pharmacy.
- 3 Talk to someone if you're feeling out of sorts or lonely.** Your mental health matters.
- 4 Wrap up and keep your home warm enough.** As we get older, changes to our bodies may mean the cold affects our health more than it used to.
- 5 Get support if you're struggling with your finances.** Visit our website or call our helpline if you need energy advice or you're struggling to pay your bills.
- 6 Keep moving and eat enough this winter.** It's important to stay hydrated too.

For more tips, advice and ways to get support this winter, visit [www.ageuk.org.uk/winter](https://www.ageuk.org.uk/winter) or call the Age UK Advice Line free on **0800 169 65 65** (8am-7pm, 365 days a year)