

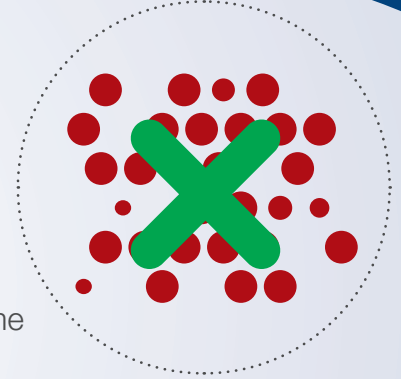


## Keep Well **Keep the flu away, immunise today!**

**Did you know you may be able to get free flu immunisations?  
It's sometimes a nasal spray, sometimes an injection.**

- You can qualify if you:** Are pregnant • Are a child aged 2-4 years  
 • Are 65+ • Have a serious medical condition • Live in a residential care home  
 • Are the main carer for an elderly or disabled person

**Contact your Local Pharmacist** or for more information on flu and the flu vaccine visit  
<http://www.nhs.uk/livewell/winterhealth/pages/fluandthefluvaccine.aspx>

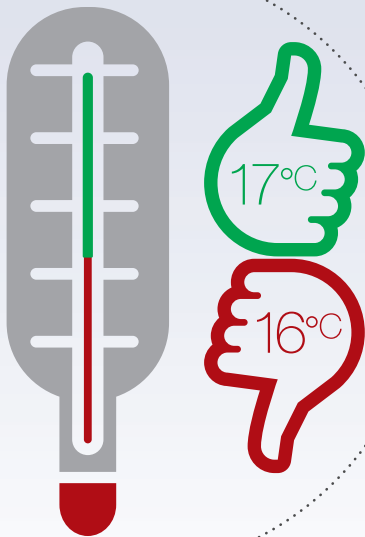


## Keep Warm **Switch on, keep warm!**

**If your home is less than 17 degrees Celsius (63F) you may be putting yourself at risk this winter. Be proactive - look for early signs of illness and seek help or advice.**

- You are most at risk if you:** Are pregnant • Have young children  
 • Are 65+ • Have an existing health or medical condition

For advice and support from your local home improvement agency, call: **0345 366 4405** (Craven) • **0345 366 4402** (Harrogate)  
 • **01723 232527** (Scarborough & Ryedale) • **01757 241010** (Selby)  
 • **0345 366 4406** (Hambleton & Richmondshire)



## Keep Safe **Follow our tips, avoid falls & trips!**

**Trips and falls can be prevented, and we all have a responsibility to support the vulnerable in our communities.**

- This winter let's work together to:** Support family, friends and neighbours • Help those with existing health or medical conditions  
 • Prevent isolation and loneliness

**Be proactive:** stock up on food and essentials before bad weather; avoid non-essential journeys

For advice contact Rural Action Yorkshire on **0845 313 0270\***

\*calls cost 3p per minute plus your telephone provider's charge

