

6 ways to look after yourself this winter





1. Get your free flu jab if you're 65+ or a carer. Check which other important vaccines you may be eligible for, such as the COVID autumn booster and RSV, shingles and pneumococcal jabs.



2. If you're worried about your health, get it checked out. Speak to a healthcare 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 can 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 advice line if you're having trouble paying 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 or call the Age UK Advice Line free on 0800 169 65 65 (8am-7pm, 365 days a year)