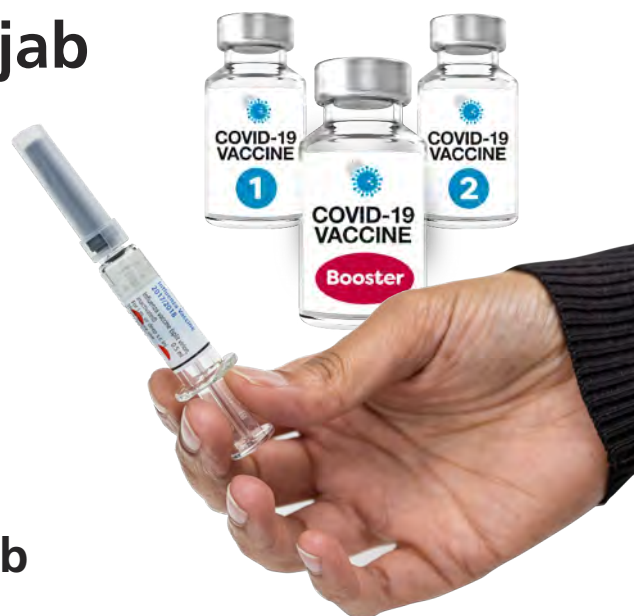


Stay well this Winter



Get ready now Make sure you have had

- ✓ both doses of the Covid-19 vaccine
- ✓ your Covid-19 Booster jab
- ✓ the flu jab



Protect yourself and others
www.manchester.gov.uk/getmyjab



MANCHESTER
CITY COUNCIL

NHS

How to stay well



Keep warm

Try to keep your main living room between 18 and 21°C (64 to 70°F)
Keep other rooms at 16°C (61°F)



If you have visitors, open a window for 10 minutes to let fresh air in.
It can stop Covid spreading.



Vitamin D

This helps your immune system. We may not get enough from the sun in Winter, so take a 10 microgram supplement every day.
This is extra important if you are African, African-Caribbean or South Asian.



Get help if you need it

If you think you may be unwell, talk to your Doctor or pharmacist – the sooner the better.

Pick up some free Covid test kits and use them. Remember you can have Covid and not feel ill.

Manchester's Community Response Hub

Open Monday to Friday 9am to 5pm. Freephone 0800 234 6123
Text 078600 22876 Messages will be answered by the next working day
Email COVIDSupport@manchester.gov.uk



Food.



Medicines.



Company.



Fuel bills.



Online services.