



**Six things we can all do - Winter 2023.**

As health services will be extremely busy this winter, everyone is asked to play their part and to be better prepared during the cold and flu season. There are six simple things we can all do to help each other.

These can be used as a thread of posts or individually if you prefer.

Six things image	Suggested supporting text	ALT text
	<p>As health services will be extremely busy this winter, everyone is asked to play their part and to be better prepared during the cold and flu season.</p> <p>There are six simple things we can all do to help each other. Visit: <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 1. Text in a red circle reads: Health and care services are here to help. Save time by seeking medical advice and booking appointments online. Visit the NHS App or your GP practice website.</p>
	<p>There are six simple things we can all do to help each other this winter.</p> <p>No 1 Health and care services are here to help. Save time by seeking medical advice and booking appointments online. Visit the NHS App or your GP practice website. <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 1. Text in a red circle reads: Health and care services are here to help. Save time by seeking medical advice and booking appointments online. Visit the NHS App or your GP practice website.</p>

<p><b>2</b> If something's not right but you know it's not life-threatening and you can't get to your GP practice, or the pharmacy is closed. visit <a href="https://www.111.nhs.uk">111.nhs.uk</a> or call <b>NHS 111</b> for advice if you don't have access to the internet.</p>		<p>There are six simple things we can all do to help each other this winter.  No <b>2</b> If something's not right but you know it's not life-threatening and you can't get to your GP practice, or the pharmacy is closed. visit <a href="https://www.111.nhs.uk">111.nhs.uk</a>  <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 2. Text in a turquoise circle reads: If something's not right but you know it's not life-threatening and you can't get to your GP practice, or the pharmacy is closed. visit <a href="https://www.111.nhs.uk">www.111.nhs.uk</a> or call NHS 111 for advice if you don't have access to the internet.</p>
<p><b>3</b> Use <a href="https://www.111.nhs.uk">111.nhs.uk</a> if it's not an emergency and you need health advice quickly. The friendly team at <b>NHS 111</b> will be able to help you get the care you need.</p>		<p>There are six simple things we can all do to help each other this winter.  No <b>3</b> Use <a href="https://www.111.nhs.uk">111.nhs.uk</a> if it's not an emergency and you need health advice quickly. The friendly team at NHS 111 will be able to help you get the care you need.  <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 3. Text in a yellow circle reads: Use <a href="https://www.111.nhs.uk">111.nhs.uk</a> if it's not an emergency and you need health advice quickly. The friendly team at NHS 111 will be able to help you get the care you need.</p>
<p><b>4</b> Get boosted by having your flu and COVID-19 vaccines when offered. If you are pregnant or have a long-term medical condition, get your free jabs as soon as possible.</p>		<p>There are six simple things we can all do to help each other this winter.  No <b>4</b> Get boosted by having your flu and COVID-19 vaccines when offered. If you are pregnant or have a long-term medical condition, get your free jabs as soon as possible.  <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 4. Text in a blue circle reads: Get boosted by having your flu and COVID-19 vaccines when offered. If you are pregnant or have a long-term medical condition, get your free jabs as soon as possible.</p>

<p><b>5</b> Stay well and protect yourselves and others around you. Find self-care tips and local services information at <a href="https://togetherwe-can.com">togetherwe-can.com</a>. Visit <a href="https://wyhealthiertogether.nhs.uk">wyhealthiertogether.nhs.uk</a> for trustworthy healthcare advice for parents and carers.</p>		<p>There are six simple things we can all do to help each other this winter.  No [5] Stay well and protect yourselves and others around you. Find trusted online healthcare advice when you need it.  <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 5. Text in a pink circle reads: Stay well and protect yourselves and others around you. Find self-care tips and local services information at togetherwe-can.com. Visit <a href="https://wyhealthiertogether.nhs.uk">wyhealthiertogether.nhs.uk</a> for trustworthy healthcare advice for parents and carers.</p>
<p><b>6</b> Continue to be kind to our staff and each other. Please <b>look out for your neighbours</b> who may live alone or be lonely.</p>		<p>There are six simple things we can all do to help each other this winter.  No [6] Continue to be kind to our staff and each other.  Please look out for your neighbours who may live alone or be lonely. 🏠  <a href="https://bit.ly/46Oull0">https://bit.ly/46Oull0</a></p>	<p>A purple box with the number 6. Text in a green circle reads: Continue to be kind to our staff and each other. Please look out for your neighbours who may live alone or be lonely.</p>