

Manchester's Winter Wellbeing Checklist

Things you can do to stay safe, well and connected

[The original print shows: Me and my family; My Household; Eating; Meeting and seeing others; Work, which all have tick boxes.]

Me and my family

Keep active

Covid vaccination

Flu vaccination

Do things you enjoy

Medicines and useful telephone numbers

Vitamin D

Know COVID-19 symptoms and how to get a test

My household

(Household means people you live with under one roof)

Support bubbles can help – know the rules

Shopping – online and priority slots

Keep house warm

Housing help

Stay in touch – Use phone and video calls too

Eating

Eat well

Food deliveries if self-isolating

If in need and require access to food call
Manchester Community Response Hub 0800 234
6123

Meeting and seeing others

Know the rules

Meet outside

Social distance and wear face covering

Holidays, festivals and celebrations – do them
safely

Work

Make sure you have PPE if needed

Travel to work – avoid crowds

Money-where support is if self-isolating

Manchester's Community Response Hub

Manchester's Community Response Hub is open Monday to Friday, 9 am-5 pm, for support with:

- Access to food
- Delivery of medication
- Combating loneliness
- Managing fuel top-up payments
- Getting access to services online (Freephone: 0800 234 6123; text: 078600 22876 Messages will be responded to by the next working day) COVIDSupport@manchester.gov.uk.

Flu vaccination: It's important that everyone who is eligible gets their free flu vaccine this winter.

Stay warm: Keeping warm helps prevent colds, flu and other serious health problems. Try heating your home's main living room during the day to 18-21°C (64-70°F) and other rooms to 16°C (61°F). Remember to allow fresh air into your home

regularly by opening windows to help prevent the spread of COVID-19 particles indoors.

Vitamin D: This helps to maintain a healthy body, including your immune system, teeth and bones. Winter means shorter days and longer nights, so our bodies don't get all the vitamin D we need from the sun. Taking a daily supplement containing 10 micrograms of vitamin D during autumn/winter can help, especially for people who are African, African-Caribbean or South Asian.

Get help when you need it: Talk to your pharmacist/GP about any health concerns or changes to your body that you notice. The sooner you access healthcare services, the more treatable a condition can be.

Support bubbles: Don't forget that your household is the people you live with. If you live on your own or live with children with no other adults in your home, then your support bubble is your household. A support bubble, also known as a 'linked household', means an adult who lives on their own or who lives alone with children can join up (link) with one other household. Linked households can act as one household according to the rules.

COVID-19 symptoms: If you have a high temperature, a new and continuous cough, or loss or change of smell and taste, stay at home and book a test by visiting [nhs.uk/ coronavirus](https://nhs.uk/coronavirus) or ring 119. If you're told you have been in close contact with someone who has COVID-19 or you live with someone who tests positive, you must stay at home for 14 days. Only get a test if you have symptoms.

Financial support while self-isolating: Test and Trace Support Payments – the Government scheme supports residents whose earnings are affected by staying at home and isolating for 14 days. Check the criteria here:

<https://secure.manchester.gov.uk/info/500361/coronavirus/8014/testandtracesupportpayments>

How to self isolate and what to do

Stay at home guidance for households with possible or confirmed COVID-19 infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

When to self isolate and what to do:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

How long to self isolate for:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

Useful websites:

www.manchester.gov.uk/coronavirus

www.gov.uk/coronavirus