

The page is decorated with various black and white icons. There are numerous snowflakes of different sizes and patterns scattered throughout. In the top right, there is a cloud with three asterisks below it representing snow. In the bottom right, there is a large silhouette of a Christmas tree with three white circles representing ornaments. In the bottom center, there is a silhouette of a winter hat with a pom-pom and a scarf with a zigzag pattern and small crosses. The main title is in a large, bold, sans-serif font.

Bhealthy ...Winter is here!

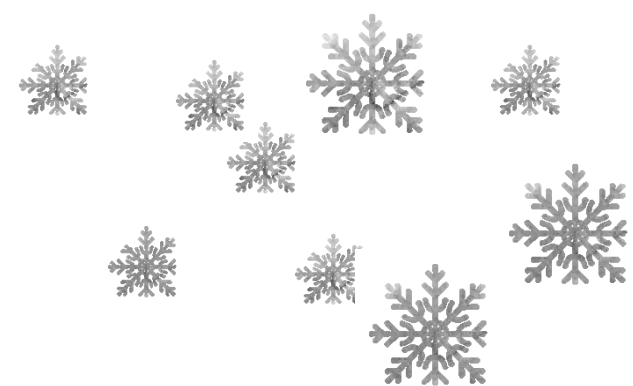
A simple checklist of practical tools and tips to help prepare for winter and improve your health and wellbeing during the colder months, with a few Covid-19 tips as well!

Checklist for a healthier winter!

These are things to go through once to prepare.

Get it sorted	Tick when complete
Have you and your family had their flu and Covid vaccinations?	
If you have a long term conditions have you got enough medication to see you through the Christmas break?	
Have you checked if you are entitled to any extra support for winter fuel bills?	
Have you got a list of emergency numbers ready in case something leaks, breaks or stops working in the cold?	
Have you checked the car/bike over for winter?	

Get it sorted	Tick when complete
Have you got Lateral Flow Covid Test Kits at home to use before going to visit friends & family?	
Have you got plenty of face coverings for festive shopping trips?	
Have you got enough food in the cupboard in case someone tests positive and you need to isolate?	
Have you thought about any friends or family who might need a bit of extra support this winter?	





Weekly Winter Activity List

These are things to do every day to stay healthy this winter

Today I have....	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Got warm with at least 10 minutes of physical activity							
Talked to someone I care about							
Eaten at least 5 portions of fruit or vegetables							
Brushed my teeth twice today							
Wore my face mask when I went to the shops or on the bus							
Said thank you for something							
Washed my hands when I got in							
Got a good nights sleep							



Now you have the check list sorted why not check out the longer document with our helpful hints and tips resource pack which includes sections on:
Keeping Healthy in the Cold
Looking after your Mind
Be In Control of Your Conditions
Protect yourself

