



Practical and financial support to help you stay healthy and well this winter

Get vaccinated

COVID-19 and flu are very infectious illnesses and can be serious, so please have your vaccinations to protect yourself and other people.

All COVID-19 vaccines are free. Everyone aged 5+ can get a 1st and 2nd dose and some people can get a booster dose, including those who are aged 50+, pregnant, live with or care for someone vulnerable or have a health condition.

Some people can get a free flu vaccine, including those who are aged 50+, pregnant, care for someone vulnerable or have a health condition. It is also free for all two and three-year-olds, primary children and eligible secondary school children.

If you are registered with a GP (doctor) and you are eligible for a flu or COVID vaccine, you should have been invited to have your vaccinations. If you haven't been contacted yet, find out more:

Visit <https://hertsandwestessexics.org.uk/covid-19>, ask at your pharmacy or call 119.



Get support in the community

Help is available if you are finding it difficult to cope and need support for you or someone in your family. Contact us if you:

- are in a crisis, such as if you are facing homelessness
- look after someone who is ill or disabled
- need support as a carer
- need help to manage at home yourself
- need help to stay warm and well at home
- need mental health support
- want to find a warm, safe space near where you live where you can spend time
- are pregnant or have young children and want advice or to join baby groups.

More information: www.hertfordshire.gov.uk/hereforyou or call HertsHelp on 0300 123 4044



Get financial support

If you are worried about money, or you are in debt, help is available.

Citizen's Advice can give you help and advice. You may also be able to get help from the government with energy bills, transport, childcare and household costs. Never ignore bills.

More information: www.hertfordshire.gov.uk/costofliving or call 0800 144 8848



Keep yourself healthy and well

You can stay well and reduce the spread of illnesses by following this advice:

- Wash your hands several times a day with soap and warm water.
- Catch a cough or sneeze with a tissue, then throw it in the bin.
- Wear a face-covering in crowded places and give people space.
- Do not touch your eyes, nose or mouth unless you have washed your hands.
- Keep rooms ventilated and clean surfaces with anti-bacterial cleaner.
- If you are ill, stay home, drink lots of fluids and take painkillers if you need them.

For free help to stay healthy, including losing weight, giving up smoking, being active, reducing your alcohol intake and feeling happier, contact your local Healthy Hub: www.healthyhubs.org.uk.

Contraception (including emergency contraception) and testing and treatment for sexually transmitted infections (STI) including HIV is free and confidential, visit www.sexualhealthhertfordshire.clch.nhs.uk or call 0300 008 5522.

If you are experiencing domestic abuse, such as violent or controlling behaviour, contact www.hertfordshire.gov.uk/sunflower or call 0300 790 6772 (In an emergency call 999).

More information: www.hertfordshire.gov.uk/healthinherts or call 0300 123 4044.



Get medical help when you need it

Register with a GP (doctor) for free, so that you can get treatment and access to prescribed medicines if necessary. You do not need to show proof of address, identification, immigration status or an NHS number.

Please use the online services on your practice website or the NHS app for non-urgent queries, ordering medication and checking test results. You might be offered an appointment in-person, online, via text, telephone or video.

Other ways to get medical help:

- **Call 999** for an ambulance in a life-threatening emergency.
- **Visit your local pharmacy** for help with minor illnesses and advice on medicines.
- **Visit 111.nhs.uk or call 111** (Text relay: 18001 111) for urgent medical help.
- **Call 111 (option 2)** for mental health support (or call 0800 6444 101 or www.hpft.nhs.uk).
- **Contact your GP or call 111** if you are worried about your baby. If your baby is finding it hard to breathe or their tongue or lips are blue, **call 999**.

More information: www.nhs.uk or call 111

