

Vantage Pharmacy

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Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for February 2023

1. Why does wearing thin layers of clothing keep you warmer than one thick layer?
2. What is the lowest temperature you should keep your house?
3. How deep should your loft insulation be?
4. Which rooms should you heat?
5. What other ways can you keep your house warm?
6. How can you stop spreading germs?
7. Where do you lose most of your body heat from?
8. Why is it important to keep moving?
9. Why is it important to eat?
10. Why shouldn't you drink alcohol to keep you warm?



Wrap up warm
this winter!

Answers on the bottom of page two

Keeping well this winter

Changes to our bodies as we get older mean that cold weather and winter bugs affect us more than they used to. This is because our immune system becomes weaker and less able to fight off viruses, and we gradually lose muscle mass that normally helps us keep warm and moving about. But the good news is that there is lots we can do to help keep ourselves well in winter.

- Keep moving - try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility. The most important thing is to do what you are



comfortable with and build up slowly.

- Eat well - it can sometimes be difficult to keep up the motivation to prepare meals but it's good to try where you can. The main thing to remember, is that it's better to eat a bit of what you fancy than to eat nothing - even if it's a slice of cake!
- Get your winter vaccinations - even if you are fighting fit. Respiratory viruses are more widespread in winter, so it's

especially important to get your vaccinations this year as flu and coronavirus levels are expected to rise due to an increase in social contact.

- Make sure your home is warm - try to heat your home to a steady and comfortable

temperature throughout the day in the rooms you use the most. (above 18°C). Turn off the radiators in rooms you don't use and close the doors. Have heavy curtains that you draw at night and use draft excluders. Make sure your loft insulation has at least 270mm of mineral or glass wool.

- Stop the spread of germs - as well as getting vaccinated, there are some simple measures to reduce the spread of germs like catching coughs and sneezes in a tissue, wearing a face mask in busy places, leaving windows ajar to allow fresh air to circulate and avoiding close contact with people who are unwell, but the most important thing is to regularly wash your hands with soap and water.



- Wrap up warm and stay stocked up - wearing plenty of layers of clothes is the best way to keep warm in winter as warm air gets trapped between the layers. If you are heading out, make sure you take some extra layers. The most important thing is to keep your hands and feet warm.
- Avoid excess alcohol, as even though it can make you feel warmer it will not actually warm you up.
- It's a good idea to stock up on cold and sore throat remedies. We can give you advice on which ones are best for you.

How to keep your hands and feet warm

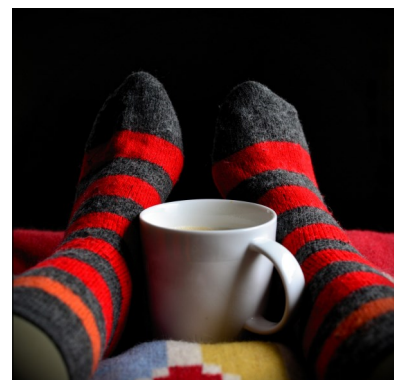
Our bodies react to being cold by re-directing our blood supply to our vital organs and away

from our extremities. So, to keep your hands and feet warm it's important to keep our whole body warm:

- ◆ Wear several thin layers of clothing
- ◆ Always wear a hat when you go out because most heat is lost through your head
- ◆ Get cosy in bed with a hot water bottle, wheat bag or electric blanket – never use a hot water bottle and electric blanket together
- ◆ Keep active
- ◆ If you are sitting down have a shawl or blanket to provide a bit of warmth.

To keep your hands and feet warm:

- * Wear gloves. Gloves made of wool, leather or synthetic material with insulating properties are best for keeping your hands warm
- * Pull your sleeves down to minimise gaps
- * Get the right fit - warm air needs to circulate round your fingers so make sure your gloves aren't too tight.
- * Get a wiggle on - if your fingers and toes are cold wiggle them to stimulate blood flow
- * Avoid having bare feet - always wear socks or slippers in the house
- * Keep toes toastie in bed by wearing socks
- * Keep your socks and feet dry by wearing waterproof shoes when you go out.
- * Put your feet up as hot air rises and the floor is likely to be the coolest part of a room
- * Opt for woolly socks or ones containing insulating material in the winter.



For more information about this or any other health related issue you may have, speak to one of our trained team.

Answers: Q1, The layers trap warm air between them. Q2, Above 18°C. Q3, Since 2003 it must be at least 270mm of mineral or glass wool. Q4, The ones you use the most. Q5, Have heavy curtains, use draft excluders, close doors. Q6, By washing our hands thoroughly throughout the day. Q7, Your extremities like your head, hands and feet. Q8, Because it generates heat which helps keep your body, hands and feet warm. Q9, If you don't eat enough it can lead to muscle loss, reduced immunity, increased frailty and high risk of organ failure. Q10, Though alcohol can make you feel warmer, it doesn't actually warm you up.