

Hints and tips from NHS Lanarkshire's Health Protection Team for keeping your family safe and healthy this winter



It's important we know how to keep ourselves and each other safe during the winter months and we would like to remind you of some important Health Protection messages;

Good respiratory & hand hygiene, Winter vaccinations, Stay at home if unwell and Right care, right place.

Good respiratory & hand hygiene

Respiratory viruses, such as colds, flu and COVID-19, can easily spread between people through coughs and sneezes. We can try to stop the spread by using good cough, sneeze and hand hygiene.

Coughs and Sneezes – make sure to;



Catch It

Use a tissue to cover your mouth and nose when coughing or sneezing



Bin It

Dispose of the tissue immediately in a bin. If no tissue is available: cough or sneeze into your elbow, not your hands



Kill It

Wash your hands after with soap and water

Handwashing



- ❖ Wash your hands with soap and water frequently, and;
 - ❖ Use warm water and soap for at least 20 seconds.
 - ❖ Dry hands thoroughly with a clean towel or paper towel.
- Always wash hands after;**
- ❖ Coughing or sneezing
 - ❖ Using the toilet
 - ❖ Playing outside or touching shared surfaces
 - ❖ Contact with pets and other animals
 - ❖ Before eating or helping to prepare food
- ❖ Good hygiene helps prevent the spread of cold, flu, RSV, and other winter viruses, including Norovirus.
 - ❖ Children are especially vulnerable and can spread germs easily in nursery and school settings.
 - ❖ Use alcohol hand gel only if hands are not visibly dirty (note: not effective against all germs like norovirus)

Winter Vaccines – Stay Safe and Healthy!

Getting your flu vaccine helps protect you and others from getting sick this winter.

If your child missed their flu vaccination or has an unsuitable appointment, they can still receive the vaccine this winter.

For nursery school children, please contact the Vaccination team on **07970 297274**.

For primary & secondary school children, please contact the School Immunisation Team on **0300 303 3229**.

COVID vaccine

Some individuals including those 75 yrs and older will also be eligible for the COVID vaccine and important that those who are eligible take the vaccine to reduce the chance of becoming very unwell from COVID.

For more information, please click the links

- ❖ [Flu vaccine | NHS inform](#)
- ❖ [COVID-19 vaccine | NHS inform](#)
- ❖ [Winter Illness](#)



Stay at Home when you are unwell

To help keep everyone safe this winter:

- ❖ Stay off school, nursery or work and **do not attend any festive parties or gatherings** if you have a fever, diarrhoea, or vomiting.
- ❖ If you have mild cold symptoms like a runny nose, sore throat, or slight cough, but feel well otherwise, you can still go to school or nursery
- ❖ If you have a high temperature and feel unwell, stay at home and avoid contact with others. You can return when your temperature is gone and you feel better.
- ❖ If you have had diarrhoea or vomiting, stay home until you have been symptom free for at least 48 hours.
- ❖ If someone in your family is sick, avoid sharing dishes, toys or towels with them.
- ❖ At home, make sure you clean surfaces that are touched frequently when you or your family are unwell.
- ❖ Do not prepare food for others when you are sick.



For more information, please click on the links below

[Diarrhoea](#)

[Vomiting in children and babies](#)

[COVID 19](#)

Right Care Right Place

Help protect yourself and support the NHS by choosing the right care, in the right place.

By using NHS services wisely, we can stay well and access the care we need quickly, safely, and close to home.

To find the most suitable service for your health needs, visit [Right Care Right Place – NHS Lanarkshire](#)

Main messages to remember

- ❖ Practice good respiratory and hand hygiene
- ❖ Stay home when you're sick
- ❖ Get your winter vaccinations, if you're eligible
- ❖ Know how to access the right care in the right place



NHS Lanarkshire Health Protection Team
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Wishing you a healthy, happy and safe winter
from the NHS Lanarkshire Health Protection Team

