

Stay safe this winter

Hints and tips from NHS Ayrshire & Arran's Health Protection Team for staying safe this winter

With the festive season approaching, we want to remind you of how you can stay safe this winter. Here are some hints and tips on good cough, sneeze and hand hygiene; staying at home if you have had fever, diarrhoea, or vomiting; winter vaccinations; as well as information on accessing the right care, right place.

Good cough, sneeze and hand hygiene

Keep your family well this winter and reduce the spread of infection.

Respiratory viruses, such as colds, flu and COVID-19, can easily spread between people through coughs and sneezes. Stopping viruses from spreading is the best prevention.

Always sneeze and cough into a tissue covering your nose and mouth. Bin the tissue straight away and then wash your hands.

Wash your hands with soap and water frequently. This helps to get rid of the disease-causing germs from your hands. Hand sanitiser does not kill all germs, especially those that cause stomach upsets.

If someone in your family is sick, **avoid sharing dishes, toys or towels** with them. Keep items clean and wash your hands after touching.

At home, **make sure you clean surfaces that are touched frequently every day** – for example, light switches, door handles, taps, toilet seats and toilet flush handles, and countertops.

Do not prepare food for others when you are sick.

Wash any clothing or bedding that has poo or vomit on it separately from other laundry, and on a hot wash.

A video on handwashing can be found here: [How to wash your hands - NHS \(www.nhs.uk\)](https://www.nhs.uk)

To learn more about treating the common cold, flu or COVID-19, visit www.nhsinform.scot/winter-illness/



Stay at home

Stay off school or college if you have a fever, diarrhoea or vomiting.

Children and young people with mild respiratory symptoms, but who are otherwise well, can continue to attend school or college. Mild respiratory symptoms include a runny nose, sore throat, or slight cough.



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Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people if possible. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

Most people no longer need to test for COVID-19, unless they have a health condition which means they are eligible for [coronavirus treatments](#).

Children and young people who have diarrhoea or vomiting should stay at home and avoid contact with other people if possible. They can go back to school, college or childcare, and resume normal activities when they have had no diarrhoea or vomiting **for at least 48 hours**.

For more information, click the links below:

- [Vomiting in children and babies](#)
- [Diarrhoea](#)
- [COVID-19](#)

Winter vaccinations

If you are eligible, make sure you get your vaccine.

To find out if you are eligible for the flu or COVID-19 vaccine, visit:

- [Flu vaccine | NHS inform](#)
- [The coronavirus \(COVID-19\) vaccine | NHS inform](#)

If your child is in primary school and has missed their flu vaccine appointment or school clinic, or has been given an appointment that is not suitable, they can attend a Childhood Vaccination Team drop-in session.

For details of sessions, visit <https://www.nhs.uk/services/services-a-z/flu-vaccine/school-age-children-primary-and-secondary-flu-vaccine-information/>



Where to get medical help

Getting the right care, in the right place

To protect yourself, as well as the NHS, it's important you know how to get the right care, in the right place. If we all use NHS services wisely, we can keep well and get the care we need quickly, safely and as close to home as possible.

For more information on the most appropriate service for your condition, visit [Right care right place - NHS Ayrshire & Arran \(nhs.uk\)](#)



**Wishing you a wonderful and infection-free festive season from the
NHS Ayrshire & Arran Health Protection Team.**

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