

Ashcroft Pharmacy

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Opening Times

Monday to Friday - 9am - 5pm
Saturday & Sunday - Closed

Your FREE Healthy Living Leaflet for February 2021

1. How many people die each year from cold in the UK?
2. How much does it cost per day to treat a patient that is ill from cold in hospital?
3. Why do older people suffer from the cold more?
4. What temperature should you keep your bedroom at night if you are older?
5. What can you do to keep warm at night?
6. What can you do to keep warm during the day?
7. Who is most susceptible to getting cold?
8. How should you prepare for winter when it comes to meals?
9. What should I do if I feel unwell?
10. Should I get a flu and Covid vaccine?



Wrap up warm
this winter!

Answers on the bottom of page two

Why do more people die during the winter?

Up to 40,000 people die from the cold each year in this country. The vast majority of these are older people (over 65) especially if they have health problems but others at risk are:

- Babies and children under 5
- People on low income so they can't afford heating
- People with a disability
- Pregnant women
- People who have a mental condition.

This also puts an enormous pressure on the NHS as the cost of GPs talking about cold to their patients is estimated at £1.5 billion, each

ambulance trip to hospital costs £250, and each night spent in a hospital bed is £600. The reason older people are more affected by the cold is because as we get older, we lose muscle mass which helps to keep us warm and it takes longer for us to warm up which in turn raises the risk of increased blood pressure, heart attacks and strokes.

What steps can I take to keep warm?



Heat your home to at least 18°C. if possible, get your cavity walls and loft insulated so your house retains the heat. You can check if you are eligible for help to keep your house warm by going on the Simple Energy Advice website.

Make sure you wear lots of

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thin layers of clothes made of cotton, wool or fleecy fabrics as they are better than one thick layer at trapping your body heat. Wear woolly socks and fleecy, supportive slippers to keep your feet warm when you are in the house.



When you are sitting down put your feet up, as hot air rises, and the floor is likely to be the coldest part of the room. Use a blanket or shawl for extra warmth. Move your legs around and wiggle your toes to keep blood circulating to your feet.

When you go out wear a hat, because most of your body heat is lost through your head, and gloves made of wool, leather or synthetic material with insulating properties but if your gloves get wet, they transfer heat from your hands to the air, so have a pair of waterproof gloves as well.

What else can I do?



Keep a good supply of tinned and frozen food in, so if it is too cold to go out you have food to eat. Tinned and frozen fruit and veg still count towards your five fruit and veg a day. Make sure you have a least one hot meal a day and several hot drinks to help you stay warm.

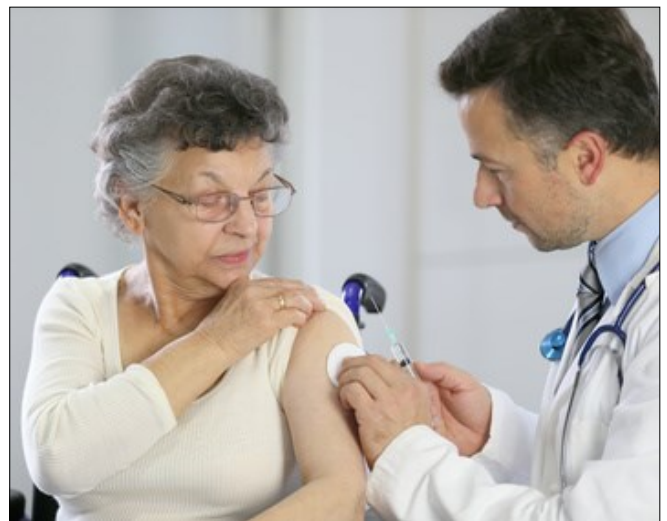


Make sure you have a good supply of any medication you are on and any simple treatments like painkillers, sore throat lozenges and

cough remedies you may need. If you are running short of anything you can always call us for help.

Get the flu and Covid-19 vaccination as soon as you can. People over 65 or those with certain health conditions can get the flu vaccine for free each year from their GP surgery or from us but this year this has been extended to everybody over 50.

So, if you haven't already got your injection give us a call. Also, we strongly recommend that you have the Covid vaccine as soon as you are called up by your surgery. It is really important that as many people as possible get vaccinated to stop this pandemic continuing to spread and cause such economic damage.



If you have any questions or want more advice on this or any other health condition, please contact us.

Answers: Q1, Up to 40,000. Q2, £600. Q3, Because it takes them longer to warm up. Q4, 18°C. Q5, Have a heated blanket or hot water bottle (not together), a high tog duvet and keep the windows shut. Q6, Put lots of thin layers of clothes made from cotton, wool and fleecy fabrics, wear supportive fleecy slippers and have warm drinks. Q7, People over 65 and babies under 5, people with a mental or physical disability, pregnant women and people with a long-term health condition. Q8, Make sure you keep plenty of tinned and frozen food in so if you can't get out you have something to eat and have at least one hot meal a day. Q9, Talk to us as we can give treatment for a range of minor illnesses and tell you if you need to see a doctor. Q10, Yes. They are safe and very effective as long as you have both doses of the covid vaccine.