

Local Care Partnership Learning Forum: Public Health winter messages

Hannah McGurk

Health Improvement Specialist (Older People)

Martyn Cutts

Advanced Health Improvement Specialist (Health Protection)



The Public Health Winter Plan 21/22



Public Health
Weather and Health Impact
Group Priorities
2021 - 2022



Infection
Prevention
and control



Support
people
living with
frailty



Cold
Weather

The winter plan usually runs from October until April, but due to COVID-19 and the flu campaign it started in September this year.

This year's plan also integrates key messages and actions reflecting the additional risks posed by COVID-19.

The Public Health Winter Plan 2021 2022



Winter weather has a direct effect on the incidence of: heart attack, stroke, respiratory disease, flu, falls and injuries and hypothermia.

Winter weather also has indirect effects on our wellbeing – these include mental health problems such as depression, increased risk of carbon monoxide poisoning if boilers, cooking, or heating appliances are poorly maintained or poorly ventilated.



Excess winter deaths

- On average, there are 25,000 excess winter deaths annually in England. These are not people who would have died anyway due to illness or old age.
- There is strong evidence that these are related to cold temperatures, living in cold homes, as well as infectious diseases such as influenza.
- Increased concerns due to risks associated with COVID-19 including infection, mortality, social isolation.
- Even with climate change, cold related deaths will continue to represent the biggest weather-related cause of mortality.



Life course approach

Cold weather presents risks to certain groups and the ongoing Covid-19 pandemic can add and pose additional risk to those who are clinically and socially vulnerable.

Key groups:

- pregnant women;
- people living with frailty;
- people with long term conditions;
- those who are extremely clinically vulnerable;
- children under the age of 5.



Key Public Health winter messages

1. Get your flu jab & COVID-19 jab!



Flu and COVID-19

- Winter is a challenging time for the NHS.
- This winter could be particularly difficult due to the impacts of COVID-19 on top of the usual seasonal respiratory diseases such as flu.
- It is a realistic possibility that the impact may be much greater this winter due to very low levels of flu over winter 2020-21.
- There is uncertainty over how these pressures will interact with the impact of COVID-19.



Largest flu programme in history!

- Flu vaccination will help to reduce pressure on the NHS, particularly if there's a resurgence of flu.
- The annual campaign for the flu vaccination started in September 2021.
- This season a free flu vaccination is offered to the following eligible groups:
 - Those aged 50 and over
 - Children aged 2 and 3, primary and secondary school children
 - Aged 6 months to 50 years in clinical risk groups
 - Pregnant women
 - Close contacts of immunocompromised individuals
 - Frontline health and social care staff and carers
- As with the COVID-19 vaccine, flu vaccines are available from a range of different providers, including GPs, community pharmacies, health centres and schools.



COVID-19 vaccination & boosters

- Maximising uptake of the vaccine among those that are eligible but have not yet taken up the offer.
- Offering a first dose of the vaccine to 12-15 year olds.
- Booster doses will be available on the NHS for people most at risk from COVID-19 who have already had 2 doses of a vaccine. This includes:
 - Those aged 50 and over
 - People who live and work in care homes, frontline health and social care workers and carers
 - People aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19
 - People aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- Most people will be invited to book an appointment at a vaccination centre, pharmacy or GP surgery.



Safe behaviours and actions



Let fresh air in if you meet indoors. Meeting outdoors is safer



Wear a face covering in crowded and enclosed settings where you come into contact with people you do not normally meet



Get tested, and self isolate if required



Try to stay at home if you are feeling unwell



Wash your hands



Download and use the NHS COVID-19 app





Public Health winter messages

Check your medicines

3. Keep your house warm

4. Seek help if struggling with fuel bills or energy efficiency





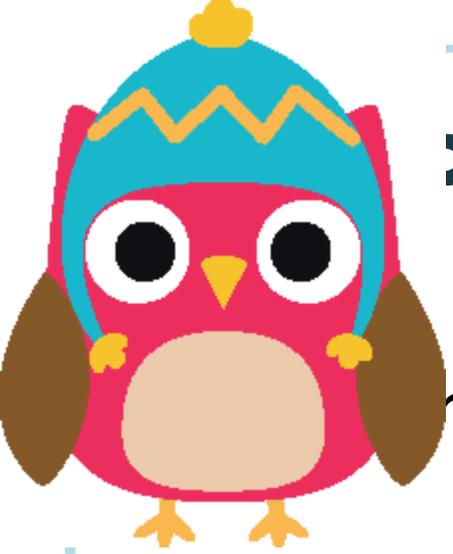
Public Health winter messages

to active and seek support if worried about a fall

6. Have hot food, drinks and snacks

7. Ask for help





Public Health winter messages

Connect to the local community

9. Be prepared!

Bonus: mental health support



Sign up to become a winter friend

Anybody working or volunteering in Leeds is encouraged to sign up to support their colleagues, service users, friends and families stay safe during winter.

Visit the Public Health Resource Centre website for more information, checklists, and additional resources.



www.leeds.gov.uk/PHRC



**Thank you for listening.
Any questions?**

