1. Prevention is better than cure
If you haven’t already done so, get the flu vaccine
Wash your hands regularly to help avoid catching and spreading infections

2. Are you taking your medicines correctly?
Check with your pharmacist or your healthcare provider
Do you have sufficient medicines for the holiday period?

3. Are you using your devices correctly?
Both for monitoring and treatment
Ask your pharmacist or healthcare provider to check your technique

4. Do you have a winter plan?
Monitor your wellness
If you are having an exacerbation, have a plan on how to intervene so that you can try and get control early, and may be able to manage at home
Have a plan for when you need to see the doctor or go to the ED
If you are a care giver for someone with a chronic disease, know their winter plan, what medications to give, which not to and at what stage you get a medical review if the symptoms are getting worse despite your care

5. Do you know how winter can affect your chronic disease?
Find out more information on HSE.IE/WINTER