

Winter ready Checklist

for Patients with Chronic Disease

e.g Asthma, COPD, Cancer, Diabetes and Heart Disease



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](http://HSE.IE/WINTER)