Winter Ready Checklist
for patients
with chronic disease

(Examples of chronic diseases include asthma, COPD, cancer, diabetes and heart disease)

1. Protect yourself against cold and flu
   - Get the flu vaccine every winter and make sure your pneumonia vaccine is up to date.
   - Wash your hands often and cough into your elbow to avoid catching and spreading infection.

2. Know your medicines and medical devices
   - Check with your pharmacist or healthcare provider to make sure you are taking the correct doses of your medicines.
   - Make sure you have enough medicine to last over the Christmas holidays.
   - Check with your pharmacist or healthcare provider to make sure you are using your medical devices correctly. (Medical devices monitor and treat your condition.)
3. Monitor your health

- Plan what you will need to do if your condition gets worse or you feel unwell.
- Know your symptoms and contact your pharmacist or healthcare provider if symptoms change.
- If you need to go to an Emergency Department, have a list of what you need to bring with you (For example, medicines, inhaler, glucose monitor.)

Are you a caregiver?

If you are a caregiver for someone with a chronic disease, talk to them about getting ready for winter.

Be familiar with their symptoms and medicines they take. Know when they should take their medicines and the correct doses.

If the person gets sick, know when to seek medical attention for them. Know too who to contact in such a situation.

Find out more on how winter can affect your chronic disease by visiting HSE.ie/Winter

Stay well this winter and avoid infection