

Winter Health

Factsheet

Winter Health

Flu, colds and COVID-19

What is flu?

It's a respiratory virus that affects your nose, throat and lungs and spreads easily through droplets in coughs and sneezes. Most people get better within a week. But for some, it can cause complications.

Flu symptoms

- A sudden fever of 38C or above
- An aching body
- Feeling tired or exhausted
- A dry cough
- A sore throat
- A headache
- Difficulty sleeping
- Loss of appetite
- Diarrhoea or tummy pain
- Feeling sick and being sick

What's the difference between flu and a cold?

A cold is a milder respiratory illness with less severe symptoms.

Cold symptoms

- Sore throat
- Cough
- Blocked or runny nose
- Sneezing
- Mild fever
- Tiredness
- Headache

How you can treat a cold yourself

- Rest
- Keep warm
- Stay hydrated
- Gargle salt water to soothe a sore throat (not suitable for children)



Winter Health

Flu, colds and COVID-19

What's the difference between flu and COVID-19?

They're both respiratory viruses and have many of the same symptoms.

The main differences are, it can take longer for symptoms to develop with COVID-19, and you may be contagious for longer. You're more likely to have serious complications than you are with flu.

The only way to tell flu and COVID-19 apart is to get tested. One of the ways to prevent is to have your vaccines for both flu and covid.

Free flu jabs for Greencore employees

Flu rates are expected to be higher than normal this year. It's more important than ever to get a flu vaccine.

The vaccine is free to anyone over 50, or with a medical condition that meets NHS criteria.

Don't meet the criteria? Don't worry.

Get a free Boots flu voucher using this QR code.
Limited vouchers available.



Winter Health

Seasonal Affective Disorder (SAD)

It's a type of depression that comes and goes in a seasonal pattern, usually more apparent during the winter months. It's often linked to reduced sun exposure, that can have an effect on melatonin and serotonin production.

SAD symptoms

- Low mood
- A loss of interest in normal everyday activities
- Irritability
- Feelings of despair, guilt and worthlessness
- Lacking in energy
- Sleeping for longer than normal and finding it hard to get up in the morning
- Craving carbohydrates and gaining weight

There are various treatments available for SAD, such as lifestyle changes to naturally improve mood, light therapy, talking therapy and medication.

If you have symptoms of SAD and are struggling to cope, make an appointment with your doctor who will recommend the right treatment for you.



Winter Health

Supercharge your winter wellbeing

What is the immune system?

It's a complex network of cells and proteins that defends the body against infection. It keeps a record of every germ it's defeated so it can destroy it quickly if it enters the body again.

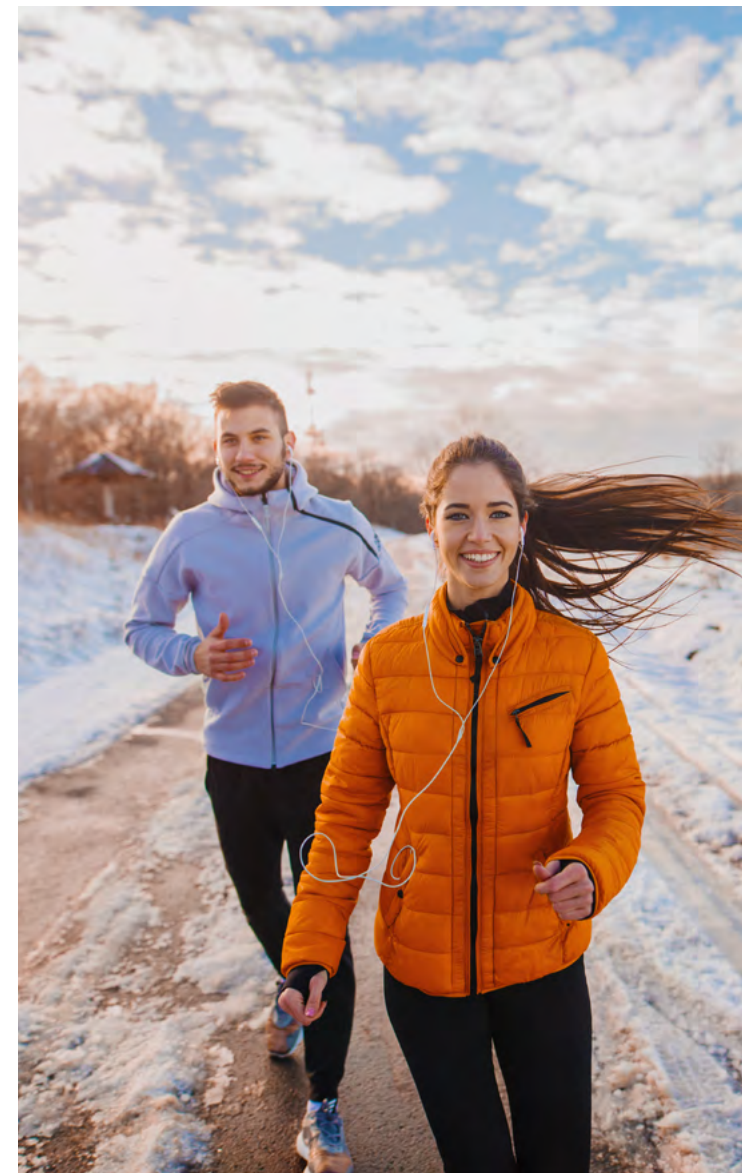
Does the immune system get weaker over winter?

Reduced sun exposure could mean lower levels of vitamin D, an important vitamin that helps protect your body from disease. Spending more time indoors means viruses spread more easily. And breathing in cold, dry air can make it harder for the body to fight off germs.

Strengthen and balance your body's defences

You're more susceptible to illness during the cooler months. Healthy choices and staying up-to-date with vaccinations gives your body the strongest protection.

- Don't smoke
- Eat plenty of fruit and vegetables
- Exercise regularly
- Maintain a healthy weight
- Drink alcohol in moderation
- Get enough sleep
- Minimise stress
- Stay hydrated
- Spend regular time outside
- Regularly wash your hands
- Stay up-to-date with flu and Covid-19 vaccinations



Winter Health

Winter foods that could help boost immunity

Turmeric - contains curcumin, an active ingredient that studies have shown is a powerful antioxidant, known for its anti-inflammatory properties.

Oats / porridge - a comforting way to start your day, porridge gives you slow-release energy that will keep you going until lunchtime. Get creative and top with fruit and seeds.

Sprouting broccoli seeds - shown to stimulate an immune response, trigger anti-inflammatory responses and lower the chance of certain bacteria surviving.

Dark, leafy greens - rich in vitamin C and antioxidants, greens such as kale are good for your immune system, muscles, joints and skin. Add to soup with other vegetables.

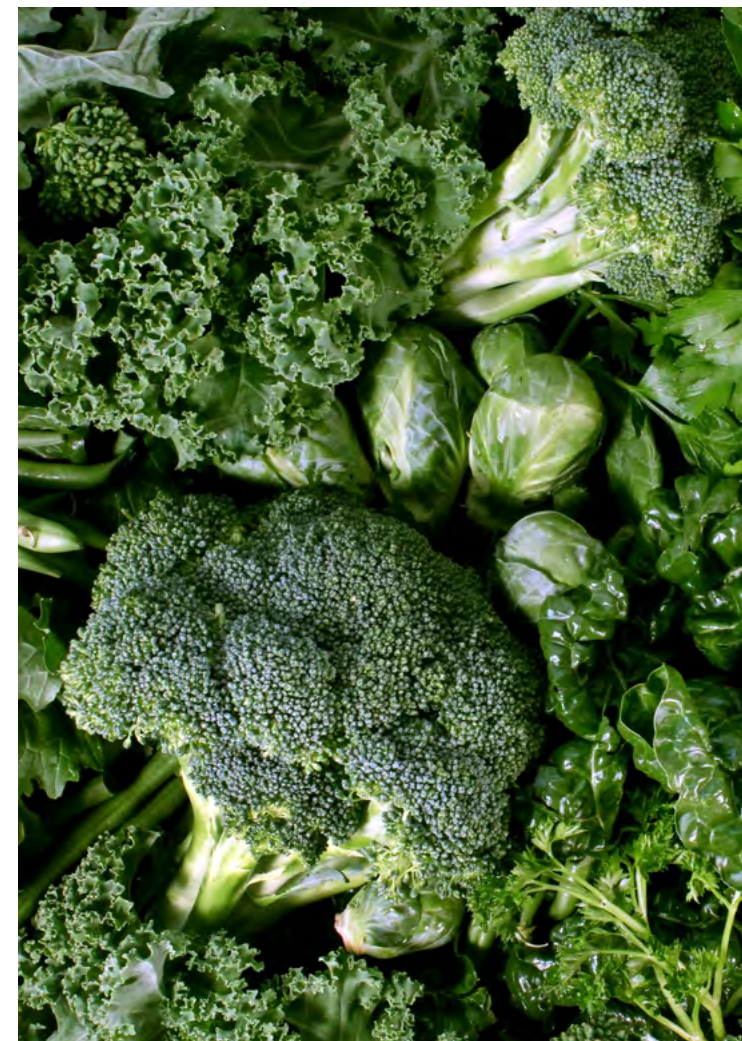
Garlic - famous for warding off colds and flu, garlic is naturally antibacterial, antifungal and antiviral. It's also thought to support heart health.

Oily fish - such as salmon, mackerel and herring are packed full of vitamin D. So, if you're getting less due to reduced daylight hours, you can top it up with some vitamin D-rich food.

Sweet potatoes - low on calories, high in nutrients, sweet potatoes are full of fibre, vitamin A and potassium. They can reduce inflammation, help constipation and support immunity.

Ceylon cinnamon - filled with potent antioxidants, cinnamon can help to boost your metabolism, aids digestion and supports the breakdown of food more efficiently.

Milk - and other dairy products like cheese and yogurt are bursting with vitamins B12 and A, proteins and calcium, which will boost your health and help you avoid getting ill.



Winter Health

Shop in season and save pounds

Eating foods that are in season is a budget-friendly and often a tastier option than buying out of season produce.

- It's much cheaper because you're buying it when it's in abundance and hasn't travelled a long way
- It reduces the energy (and associated CO2 emissions) needed to grow and transport the food we eat
- It supports the local economy
- It's fresher and more nutritious as it's harvested at its peak ripeness
- It contains the nutrients that our bodies need at particular times of the year

Fruit	Vegetables	Meat	Fish
Apples	Brussels Sprouts	Chicken	Grey mullet
Pears	Cabbage	Gammon	Mussels
Quince	Carrots	Goose	Scallops
	Celeriac	Partridge	Mackerel
	Kale	Pheasant	
	Leeks		
	Parsnips		
	Potatoes		
	Red Cabbage		
	Swede		
	Turnips		
	Butternut squash		



Winter Health

Combat winter blues with good mood food

As well as nourishing your body, what you eat has a powerful influence on your appetite and mood.

Research shows getting the right nutrients over time can help you feel uplifted, reduce stress, ease anxiety and help fight depression.



Feel calmer and happier with these recommended feel-good foods:



Chocolate

Eating a square of dark chocolate each day could reduce cortisol levels and other stress hormones.



Salmon

Packed full of omega-3s, a mood-boosting nutrient that alters brain chemicals (specifically dopamine and serotonin) that can lower anxiety and calm nerves.



Green tea

Two to three cups a day can have a calming affect thanks to the amino acid L-theanine, a mood-enhancing nutrient.



Oysters

Not only are they an aphrodisiac, their high zinc content can ease anxiety and improve sleep quality.



Blueberries

Packed full of flavonoids, blueberries help to regulate mood, improve memory and protect the brain from aging.



Dark leafy greens

Bursting with brain-friendly magnesium, dark leafy greens are a great way to reduce stress and improve memory.



Yogurt and other probiotics

The gut and the brain are connected. Nourish your gut with yogurt, kimchi and sauerkraut to boost mood and lower stress.

**the
Greencore[®]
way**

Making every day taste *better*