

WINTER HEALTH KEY POINTS



* HANDS, FACE, SPACE



Keep your **hands clean** and use hand sanitiser that is at least 75% alcohol-based.



Avoid indoor spaces or contact with others if you have any cold/flu like symptoms



Consider **wearing a mask** (covering your mouth and nose) when indoors, especially in poorly ventilated spaces, or on public transport.

* VACCINES

Get the flu jab - make an appointment at your local SIS office

If eligible, get your **COVID vaccine booster**



* SLEEP

Prioritise rest and understand your sleep needs. Get enough good quality sleep to help your body recover, maintain your immune system and to perform well.



* NUTRITION



Support your immune system and performance with good nutrition.



- Eat a wide range of fruit and vegetables to maintain your health during the winter.
- Include protein rich foods in you main meals and snacks
- Be appropriately fuelling for each training session
- Don't delay your refuelling strategy
- Maintain hydration and avoid sharing drinks bottles
- Adults over the age of 18 years should consider supplementing with a batch tested/pharmaceutical grade 2000IU of Vitamin D per day from October to end of March. If unsure please speak to a member of the Institute medical or nutrition team or see the Vit D infographic for more information.

