



# Cost of living, COVID-19, flu and winter issues

Wednesday 1 March 2023

## Infection Trends



Flu and scarlet fever infections have continued to decrease.

COVID-19 rates are starting to show an increase locally and nationally. 47 people are currently in our hospitals and less than five people in the ICU.

We are continuing to see an increase in norovirus cases, especially amongst those who are over 65.

## Advice and Guidance



If you have symptoms of norovirus, including vomiting and diarrhea, it's important to:

- stay at home until 48 hours after your symptoms clear
- stay hydrated
- protect others by not going to school, work or visiting care homes or hospitals.
- wash your hands regularly with warm water and soap.

## Key Messages



Southmead Hospital is running a free mini health check and advice day on Saturday 11 March from 11am - 4pm. All are welcome.

Mini health checks range from liver and lung checks, diabetes, blood pressure and more. There will also be a range of talks and stalls on dementia research, smoking and health, bladder health and more.

If you are expecting a baby, for dads to be, antenatal classes will be available and parents to be will be able to talk to someone about planning their pregnancies and the impact of health issues.

The event is taking place in the Learning and Research Building at Southmead Hospital. Parking is free and no appointment is needed.

## Useful sources of information

More information on Your Health Day at Southmead Hospital  
[www.nbt.nhs.uk/yourhealthcheckday](http://www.nbt.nhs.uk/yourhealthcheckday)