

  		
Social media:		
Social media post	Social media graphic	Link
<p>Once you are fit enough to return home from hospital, make sure you have everything you need for your recovery and wellbeing – and your home is ready for you.</p> <p>Keeping a loved one in the loop on your go home day can help. Ask them to bring in clean clothes, give you a lift and turn the heating on for you.</p> <p>Speak to your hospital team about how loved ones can help your journey home stress free.</p> <p>Find out more here about how good health can start at home.</p>	 <p>Soc_Sq_HOME_1</p>	https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/hospital
<p>When visiting a loved one in hospital, see how you can help them with their recovery to get them home sooner.</p> <p>Simple steps like encouraging them to get out of bed to get dressed or taking in a puzzle book to complete will improve their mood and sleep and make a big difference to their recovery.</p> <p>Find out more here about how good health can start at home.</p>	 <p>Soc_Sq_HOME_2</p>	https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/hospital

Encouraging the whole family to wash their hands will remove dirt, viruses and bacteria and stops them spreading to other people, surfaces and objects which can spread illnesses such as food poisoning, flu or diarrhoea.

To beat the bugs, sing 'Happy Birthday' twice and keep watching your hands until you're done!

Find out more here about how good health can start at home.



Soc_Sq_HOME_3

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/feeling-unwell>

One of the most vital things we can do each year is make sure our vaccinations are up to date to help ourselves; our families and friends ward off unwanted bugs and illness.

Vaccines have helped eliminate or lessen the impact of diseases such as smallpox, polio and tetanus, that used to kill or disable millions of people, while diseases like measles and diphtheria have reduced to a very low number of cases each year.

Find out more here about how good health can start at home.



Soc_Sq_HOME_4

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/vaccinations>

If you know a child or young person is experiencing low mood or anxiety, help them reach out to someone they can talk to, or access online resources.

A child or young person may feel more comfortable opening up to a school nurse, teacher, youth workers or group leader.

Find out more here about how good health can start at home.



Soc_Sq_HOME_5

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/mental-health>

In England almost 1 in 3 homes have damp and mould.

This causes thousands of cases of asthma and chest infections every year.

Prevent more serious health conditions developing by resolving damp and mould.

Find out more here about how good health can start at home.



Soc_Sq_HOME_6

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/house>

An estimated 50% of patients worldwide do not take their medications as prescribed.

This can be for several reasons such as poor mobility, weather conditions or finances but means they are missing essential medications which could make them more poorly or their health condition worse.

Find out more here about how good health can start at home.



Soc_Sq_HOME_7

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/taking-medication-1>

Make sure you or a loved one stays safe in their home by booking a Lancashire Fire and Rescue Service home safety visit.

The service is particularly relevant to those who may be considered vulnerable such as those with a disability, who live alone, are living with a mental health condition or struggle to get around the house.

Find out more here about how good health can start at home.



Soc_Sq_HOME_8

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/outside-organisations>

Being neighbourly can have a big impact on someone's health and wellbeing.

Some elderly people may live alone or due to ill health struggle to do the everyday tasks we take for granted.

Little things like taking their bins out or calling by to say hello will have a big impact on their day.

Find out more here about how good health can start at home.



<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/athome/be-neighbourly-1>

Soc_Sq_HOME_9

