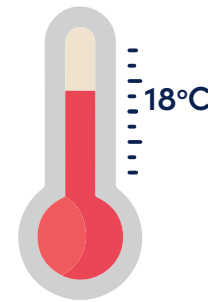


Look after children in cold weather

Dress children in layers, including hats and gloves. Make sure coats and shoes are waterproof.



Heat rooms children spend most time in to at least 18°C.



Make sure children get their flu vaccine and stay up to date with routine immunisations.



Provide warm meals and drinks regularly.



Open windows regularly to prevent damp and mould.



Wash hands regularly and use tissues for coughs and sneezes to stop infections spreading.



If you're worried about your child's health, contact your local pharmacist, your GP or NHS 111.

Scan the QR code for more information on local winter support and services, from financial help to practical guidance.