

Keep yourself warm and well this winter



Check the weather forecast and the news. Stock up on food and medication before bad weather.



Wear multiple layers of thin clothing and shoes with good grip.



Eat well and stay hydrated.



Don't let your home get cold, but do open windows regularly to prevent damp and mould.



Stay connected with friends and family. Visit Community spaces for warmth and company.



If eligible, get vaccinated for flu and COVID-19.



Help stop infections from spreading. Wash hands regularly and use tissues to catch coughs and sneezes. If you are worried about your health, contact your local pharmacist, NHS 111 or your GP.

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