



UK Health
Security
Agency



Top tips for keeping warm and well this winter



KEEP WARM

You should heat your home to a temperature that's comfortable for you. Try to heat rooms that you regularly use, such as your living room and bedroom, to at least 18°C if you can. You should also keep your bedroom windows closed at night. Exposure to low temperatures indoors can have a serious impact on your health as you get older, particularly for people living with health conditions or reduced mobility. Wearing several layers will keep you warmer than one, thicker layer.

GET FINANCIAL SUPPORT

There are grants, benefits and sources of advice available to increase your income, make your home more energy efficient and improve your heating. There are also support measures in place to help with the cost of living.

For further advice on these support measures, visit Age UK's website www.ageuk.org.uk/financial-support or call **0800 169 6565**

LOOK AFTER YOURSELF

- If you're aged 65 or over or a carer you're eligible for a free flu jab and an Autumn Covid-19 booster this winter. Contact your GP or pharmacist or visit the NHS website www.nhs.uk to learn more.
- Don't delay treating minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment.
- Keep in touch with your friends, neighbours and family. Reach out if you need any practical help and tell somebody if you're feeling under the weather.
- Wear shoes with good grip when you go outside to avoid slips and falls on slippery or icy surfaces.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If bad weather is forecast, make sure you have everything you need at home. Check you've got enough medication and food in case it's harder to leave the house.
- Eat well and stay hydrated. It can sometimes be difficult to keep up the motivation to prepare meals in winter, but our diet, including how much we eat, is an important part of staying healthy and well.
- If you have visitors, it can help stop the spread of germs to ventilate the room for a few minutes before and after they arrive. You might be more comfortable leaving the window open during their visit, if it's not too cold.
- If you are worried about your health or feeling down, contact your local pharmacist, 111 or your GP, who will all be able to offer advice and support. In an emergency dial 999.

PREPARE YOUR HOME

- Have your heating and cooking appliances checked by a Gas Safe® registered engineer to make sure they are working safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a free support service that helps people in vulnerable situations.

For more information about how to stay warm and well in winter visit Age UK's website www.ageuk.org.uk/winterprep or call **0800 169 6565**.