

Look out for others during cold weather

Older neighbours, young children, people with long-term health conditions or low income may need extra support this winter.

- ❄ Encourage people to stay connected with friends and family.
- ❄ Encourage people to heat their homes to at least 18°C.
- ❄ Suggest wearing multiple thin layers of clothing and using blankets.
- ❄ Suggest warm meals and drinks throughout the day.
- ❄ Encourage them to get vaccinated for flu and COVID-19, if eligible.
- ❄ See if they need any help stocking up on food and medication.

People in financial difficulty may struggle to heat their homes. Signpost them to the Winter Warmth Home Service.

If you are worried about your own or someone else's 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.

