

# Be ready for cold weather

**We are expecting a spell of cold weather – please take care**

**It's important to protect yourself and others as much as possible from cold weather conditions. Older people, children, babies under five and residents with underlying health conditions are amongst those particularly vulnerable to the effects of cold weather.**

## Cold weather health advice:

- Keep an eye on the weather so you can prepare for a cold spell – stock up on home medicines for minor illnesses from your supermarket or pharmacy.
- Take care if it is slippery. If you do need to go out, wear shoes with a good grip, and consider keeping salt and sand mixture handy to grit paths.
- Have torches handy around the home (with some spare batteries too) in case of power cuts and try to keep your mobile phone fully charged.
- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C.
- Keep your bedroom at 18C all night if you can – and keep bedroom windows closed.
- If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable.
- Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time. Turn off blankets when you get into bed, unless there is a thermostatic control for safe all-night use.
- Have at least one hot meal a day – eating regularly helps keep you warm.
- Have hot drinks regularly.
- To reduce the risk of sudden infant death syndrome (SIDS), babies should sleep in rooms heated to between 16C and 20C.
- Draw curtains at dusk and keep doors closed to block out draughts
- Get your heating system checked regularly by a qualified professional.





# Please check in on anyone who may struggle in cold weather.



If you or anyone you know is struggling to heat their home, or someone may need help to get shopping or medicines, please contact HertsHelp on 0300 123 4044 or use this QR code.



If you are concerned about yourself or someone else, please call NHS 111, contact your GP or get advice from your local pharmacy.

## Get financial support

If you are worried about money, or you are in debt, help is available.



Citizen's Advice can give you help and advice. You may also be able to get help from the government with energy bills, transport, childcare and household costs. Never ignore bills.

More information: [www.hertfordshire.gov.uk/costofliving](http://www.hertfordshire.gov.uk/costofliving) or call 0800 144 8848 or use this QR code for more cost-of-living advice.

## Get a flu vaccine

If you're eligible for a free flu vaccine (this includes all those aged 50 or over), you can book an appointment at your GP surgery. You can also book online to get a flu vaccine from a local pharmacy that offers it on the NHS.

## Get a Covid vaccination

You can book your 1st or 2nd jab or your Covid seasonal booster (if you are aged 50 or over, or have certain health conditions or work in front-line health and social care).

Go to: [www.nhs.uk](http://www.nhs.uk) or call 119.

