Top tips for keeping warm and well

Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.

There are easy things you can do to help yourself stay healthy over the winter ▶▶

1. Keep warm

Heat your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.

2. Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. View the Keep Warm Keep Well booklet online to learn more **www.gov.uk/phe/keep-warm**

3. Look after yourself

- Contact your GP to get your free flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person. NHS Choices provides information about flu. Visit **www.nhs.uk/flu** to learn more.
- Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker.
- Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air.
- Wear shoes with a good grip if you need to go outside.
- When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.
- Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.
- 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 587 0668**.

For more winter wellness tips visit
www.nhs.uk/keepwarmkeepwell

Public Health England