

Cold Weather: A short guide on preparing and staying safe over winter



Cold weather



This booklet will tell you about the risks of very cold weather and give you tips on how you can stay safe.



You may be warned about very cold weather

- In the papers
- On television
- On the radio
- On social media
- or in conversation



Cold weather can:

- Make you more likely to get sick



- Make it harder to travel

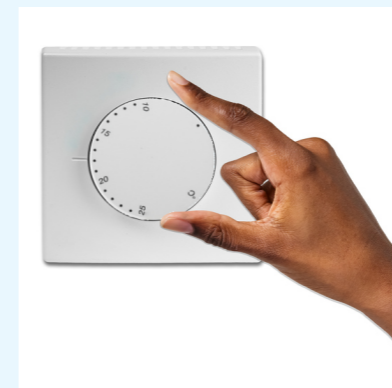


- Make travelling riskier due to ice

Staying warm indoors



It is important to keep warm during winter when you are inside or outdoors



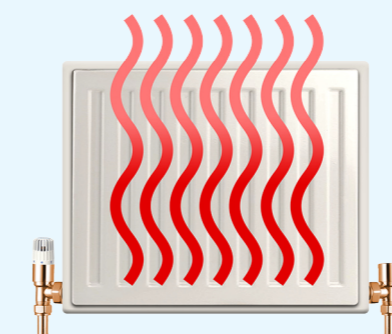
You should make sure that your home is at least 18°C (65°F).

You may prefer your living room to be a little bit warmer.



Keep your windows and curtains closed on cold nights to keep in the warmth.

Only open windows briefly during the warmer time of the day if you are having issues with damp or mould.



If it is difficult to heat the whole home, focus on the rooms you spend the most time in.

Staying warm indoors



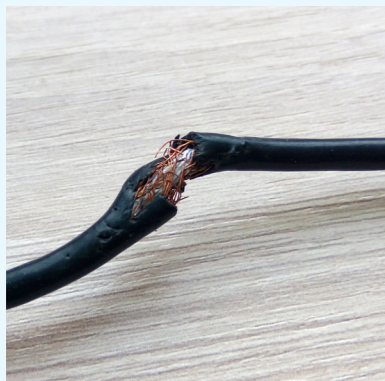
If you use a heater, put it in a safe place. A safe place is away from curtains, furniture, and anything that can catch fire. Make sure there's space around it.



Turn off the heater when you don't need it. Or if you are leaving it alone. It's safer and saves energy.



Stay a safe distance away from the heater. Don't touch it when it's hot.



Look out for frayed or damaged wires or strange smells. If something doesn't seem right, ask for help.



You should make sure that you dress warmly if you are going outside when it is cold.



If it is cold, you can wear 2-3 layers of clothes, or thicker clothes like a jumper to stay warm.



You can also wear gloves, a scarf, and a hat to keep your hands, neck and head warm.



You should try to keep moving when you are outside, try not to stay still or sit down in the cold for too long.

Staying healthy



Elderly people, children, and people with health issues are more likely to get sick when it is cold



It is important to take care of both your physical and mental health



Flue and Covid-19 are likely to spread and have a bigger impact in winter



Sometimes people can feel low during the winter.



Flu and Covid-19 vaccines are free if you have a learning disability, are 65 or over, already have a health problem, or are pregnant.



Meeting up with friends, taking part in groups, or talking to people on the phone are good ways to avoid isolation



Carers of elderly people or people with a learning disability may also be able to get a free vaccination.



Keeping in touch with people helps you look out for each other over winter.

