

# Keep warm and well this winter

It's important to keep warm in order to keep colds, flu and other more serious illnesses at bay. Now is a good time for you to prepare for the winter and think about how you might manage. Read our tips below on how to keep warm and well this winter.

## 1 Avoid catching colds and flu

Make sure you have your seasonal flu vaccination. Washing your hands will help avoid transmitting cold and flu viruses.

## 2 Keeping your home warm

Set the timer on your heating to come on before you get up and switch off when you go to bed. If the temperature falls below 16°C you could be at risk of suffering from hypothermia.

The Warm Homes scheme can offer you support and advice on reducing your

energy bills and staying warm and healthy in your home. Call 0116 305 4286 or visit [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk)

## 3 Keep moving

Any kind of activity will help get your circulation going. From walking to the shops (if it's not too cold) to wiggling your fingers and toes.

## 4 Dress for warmth

Wear plenty of thin layers, rather than one thick one and always put on a coat, hat, scarf and gloves when you go outside.

## 5 Eat for warmth

During cold weather, try to have at least one proper hot meal a day, and regular hot drinks to provide warmth and energy.

## 6 Stock up

Make sure you have enough of your usual medication particularly during the holiday period. Stock up on over-the-counter cough and cold remedies. Ensure you have enough food and drink supplies and have plenty of fuel too.

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You can find more advice on how to stay well in winter at [www.nhs.uk/staywell](http://www.nhs.uk/staywell). Keep your emergency contacts handy this winter, fill in the details on the card overleaf.

# Your winter contact list

Name	Telephone number
Family/next of kin:	
Neighbour:	
GP surgery:	
District nurse:	
Chemist:	
Care agency:	
Community meals:	
Local shop/newsagent:	
Milk deliveries:	
Gas company:	
Electricity company:	
Water company:	
Plumber:	
Electrician:	
Heating engineer:	

Adult Social Care Customer Service Centre	<b>0116 305 0004</b>
To complete our online enquiry form go to the Adult Social Care and Health section at <a href="http://www.leicestershire.gov.uk/contact-information">www.leicestershire.gov.uk/contact-information</a>	
Age UK Leicester Shire and Rutland Helpline	<b>0116 299 2278</b>

**STAY WELL  
THIS WINTER**