

Advice to keep snug, warm and well this winter

Stay well this winter



With colder weather looming local NHS and council leaders are urging people to think about how cold weather and winter viruses may affect you, your family and your home.

As temperatures drop, it is important people keep warm and well. Cold weather can lead to serious health problems and can kill. Older people,

those with chronic health conditions and people who have a disability, are particularly at risk during the cold weather. Cold and flu viruses as well as tummy bugs such as Norovirus also start to circulate at this time of year.

Advice to keep snug, warm and well this winter ranges from getting a free flu vaccination for those entitled, to ensuring homes are heated to at least 18C day and night. To prevent the spread of tummy bugs people are reminded to wash hands and clean surfaces frequently if someone within the household is unwell and allow until 48 hours after you last had symptoms before returning to work or school.

Cllr Les Caborn, Warwickshire County Council's Portfolio Holder for Health, said: "Keep warm and healthy by keeping rooms heated to at least 18C during the day and at night and make sure you are wearing suitable clothing - several thin layers is better than one thick layer."

Dr John Linnane, Warwickshire County Council's Director of Public Health, said: "Be a good neighbour, check in on friends, relatives and neighbours who may be vulnerable to the cold. Make sure you have enough food and medications when the weather gets colder."

Cllr Maggie O'Rourke, Warwickshire County Council's Chair of the Overview and Scrutiny Committee for Adults, Health and Social Care, said: "If there is anyone you know who is especially at risk, for example, an older person living on their own, make sure they know what to do to stay warm and are well stocked with food and medications. If you are worried about your health or that of somebody you know, ring NHS 111 if it is urgent but not an emergency."

This advice sparks calls for people to ensure heating and cooking appliances are checked regularly. For advice and support with fuel bills, managing your home more efficiently, and advice about benefits you may be entitled to, including whether you are eligible for heating and insulation measures, please phone:

Act on Energy on 0800 988 2881 if you live in Warwickshire or Groundwork West Midlands on 02476 582257 if you live in Coventry.

For information about flu vaccinations, please see: www.warwickshire.gov.uk/flu or www.coventry.gov.uk/flujab. For more advice about staying well this winter please see: www.nhs.uk/staywell

