



UK Health  
Security  
Agency

# Keeping warm and well: staying safe in cold weather

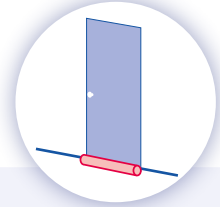
## Plan ahead



Check the weather forecast and the news



Make sure you have sufficient food and medicine



Take simple measures to reduce draughts at home

## Keep yourself warm



Heat rooms you spend most time in to 18°C if you can



Keep bedroom windows closed

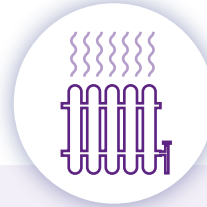


Wear multiple layers of thinner clothing

## Prepare your home



Check what financial support may be available for you



Use energy saving tips to save money on heating

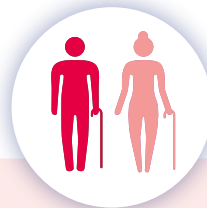


Make sure appliances are safe and working well

## Look after yourself and others



If you're eligible, get vaccinated against flu and COVID-19



Check on others who may be vulnerable



Get help if needed. Call NHS 111 or in an emergency 999

**For more information go to:**

[Top tips for keeping warm and well this winter - www.GOV.UK](https://www.gov.uk)