

NSB Trust Safeguarding Newsletter

Winter Health : advice on keeping well in cold weather



Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do

The sooner you get advice, the sooner you're likely to get better.

In an emergency, go to A&E immediately or call 999.

Keep warm and get help with heating
Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

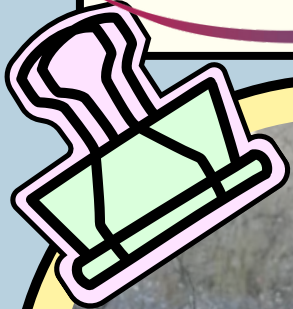
Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the Gas Safe Register website.

Make sure your home is fire safe. For fire safety advice specific to you and your home, [visit the online home fire safety check website to complete a safety check for your home](#).

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about [ways to save energy in your home from GOV.UK](#), or call the government helpline on 0800 444 202.

You can also [find out more from GOV.UK about benefits and financial support if you're on a low income](#).



Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather.

This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

