

# Stay warm, well and safe this winter

Winter conditions can be bad for our health; follow these tips to help you and your friends and family stay healthy and safe



**Make sure you  
get your flu jab**



**Keep your  
home warm -  
at least 18c**



**Keep moving  
around to  
stay warm**



**Wear boots or  
shoes with a good  
grip for walking in  
the snow and good  
warm socks.**



**Dress warmly,  
wear several  
layers of loose  
fitting clothes.**



**Eat well, have hot  
meals and drinks  
throughout the  
day to keep your  
body warm.**



**Speak to your pharmacist or  
doctor if you feel unwell**

# Stay warm, well and safe this winter

Winter conditions can be dangerous, especially for the elderly, very young and people with certain medical conditions; follow these tips to help your customers stay healthy and safe



## Identify

Identify customers at risk and update or check their care plans for winter actions



## Liaise

Stay in touch with Carers and if concerned contact relevant health professionals



## Prepare

Ensure you are aware of any winter plans in place



## Protection

Prompt and support everyone to wear suitable footwear and clothing



## Advise

Direct to financial support if a person is not able to pay for heating



For further information about winter plans and advice leaflets please see the quality assurance area on Google Drive