



As the cold weather has taken over much of the UK, it is important to think about keeping yourself, family and friends warm, well and safe. We are offering some simple advice on how to keep well this winter. Highlighted below are some tips to help you:

Keeping Well-

Get a free seasonal flu jab from your GP if you are over 65, have a long term illness or are the main carer of an elderly or disabled person.

Eat well – food provides energy which keeps your body warm. Make sure you have hot meals and drinks through the day and keep your food cupboard well-stocked.

Keeping Warm-

You should try and keep your rooms heated to a temperature between 18°C and 21 °C.

Have your boiler serviced every year and check your heating system before the cold weather arrives.

Wrap up warmly – wear lots of thin clothing rather than one thick layer. Clothes made from woollen, fleecy or cotton materials are best. Wear a hat when out and about.

Keeping Safe-

Stay active to keep your body supple and your mind alert.

Avoid slips and trips by keeping your rooms well lit, free of trailing cables and boxes, and remove loose rugs or worn carpet.

Arrange for a free home safety fire check.



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