

KEEPING WARM & WELL in Southwark this WINTER

About keeping warm:



Keeping warm in the winter can help stop you from getting ill



You can stay warm by setting the heating in your home to 18° to 21°C or 64° to 70°F



Have one hot meal or more than one every day. Have hot drinks throughout the day and remember to drink water too



Keep a flask of a hot drink by your bed. And stay indoors if it's very cold



But if you need to go out when it's very cold, wear plenty of clothes including a hat, scarf and gloves

About keeping healthy:



Get a flu jab. Ask your GP surgery or local pharmacy. It is free for over 65s or have long-term health condition



You can also stay warm by wearing lots of thin clothes. This is better than 1 thick jumper



If you already have the flu or a cold you should stay in bed, drink lots and keep the phone near you

GP

If you feel very unwell, you should call your GP. If you can't wait for your GP, call **NHS 111**



Get your gas appliances checked. It is dangerous if they leak - Carbon monoxide is a killer

About keeping your heating bills down:



- To save money you should keep the heat set to 18° to 21°C or 64° to 70°F
- You can get advice about keeping warm, cutting your bills down and getting money to help pay your heating costs



BIG ENERGY SAVING NETWORK

 **osp**
Supporting Older People in Southwark