

Your top five tips for keeping warm and well

- 1** Heat your home well. By setting your heating to the right temperature (18–21°C or 64–70°F), you can keep your home warm and your bills as low as possible.
- 2** Get financial support. There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to.
- 3** Eat well. Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day.
- 4** Get a flu jab. You can get a free jab from your GP to protect against seasonal flu if you are over 65, have a long-term health condition or are pregnant.
- 5** Look after yourself and others. On cold days try to avoid going outside; however, if you do need to, remember to wrap up warm. If you have an older neighbour or relative, look out for them during winter to make sure that they are safe and well.

