

# WINTER PREPAREDNESS



**KEEPING YOURSELF SAFE THROUGH THE COLDER MONTHS**



Keep warm by closing windows, make use of blankets and layers of clothing



Prepare your home as best as you can by sealing any draughts on windows and doors



Make sure you have plenty of food in your home and drink plenty of fluids



Check on others such as family, friends, neighbours, and vulnerable people to see if they are ok.



If you are eligible make sure you get Flu and Covid vaccinations up to date.



If you do need to go outside make sure you wear suitable clothing such as a coat, hat, scarf, and gloves if necessary.



**Met Office**



**Age UK**



**Keep Warm, Keep Well**



**British Heart  
Foundation**

