

KEEP WARM & WELL

Coping with cold weather and the cost of living



Check that your heating is working and try to heat your home to at least 18°C



Ensure you have adequate food, medication, warm clothes and non-slip shoes



For support with the cost of living, visit the [BCC website](#) or call 0121 303 1116



Stay as active as you can, any exercise can bring health benefits



Make sure you get your flu and Covid-19 vaccines



Keep windows closed at night and avoid cold and icy outdoor conditions if you are at risk of illness or falls



Get help if you need it. Speak to your carer, key worker, pharmacist or GP



Keep in touch with friends, family and your community



Look out for others and ask how they're keeping warm when it's cold



Plan ahead and stay up-to-date with your local weather forecast



For free advice on energy efficiency, grants and bills, call Simple Energy Advice on 0800 444 202



If worried about your health and need help, use the NHS details below...

VISIT [111.NHS.UK](https://111.nhs.uk) OR CALL 999 IN AN EMERGENCY