



Cumbria County Council
Stay Well This Winter

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9 December 2020

Who is at risk during cold weather?

Cold weather can make some health problems worse and possibly lead to serious complications, especially if you are older or vulnerable

Some people are more vulnerable to the effects of cold weather, including:

- people aged 65 and over
- babies and children under the age of 5
- people on a low income
- people with a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

Key messages

- **Get a flu jab**
- **Keep warm**
- **Eat well**
- **Keep active**
- **Check medicines**
- **Look out for others**
- **Get financial support**
- **Hand washing**
- **Mental health support**
- **Get advice if you feel unwell**

Get a flu Jab

- Flu will often get better on its own, but it can make some people seriously ill
- It's important to get the flu vaccine if you're advised to
- Free NHS flu vaccination available for those who:
 - are aged 65 and over
 - have certain health conditions
 - are pregnant
 - are in a long-stay residential care
 - receive a carer's allowance, or are the main carer for an older or disabled person
 - live with someone on the NHS coronavirus shielded patient list
 - are frontline health or social care workers
- The jab is available through your GP surgery or at a pharmacy
- People who aren't eligible for the free NHS vaccine can pay to get it privately for less than £15
- Children aged 2-11 years receive nasal spray via school



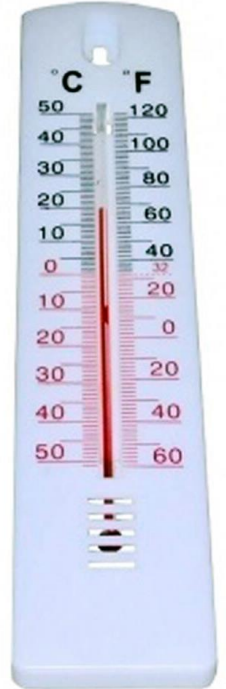
More info on NHS flu vaccination available here: www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine

Keep warm

- Heat your home to at least 18°C
- Check heating system and cooking appliances, **and keep your home well ventilated**
- Use electric blanket as instructed, and get it tested every 3 years; never use a hot water bottle with an electric blanket
- Don't use a gas cooker or oven to heat your home
- Ensure you have a supply of heating oil, LPG or solid fuel, so you don't run out
- Check if you're eligible for inclusion on your water and power supplier's priority services register

Keep the warmth in by:

- Fitting draught proofing to seal gaps around windows and doors
- Loft and cavity wall insulation
- Insulate your hot water cylinder and pipes
- Draw your curtains at dusk to help keep heat inside your rooms
- Keep your radiators free from obstructions such as furniture or curtains



Eat well

- Food is a vital source of energy
- Eating regularly helps keep you warm
- Aim to have at least one hot meal a day, and plenty of hot drinks
- Try to include 5 daily portions of fruit and vegetables, and remember that tinned and frozen vegetables count too
- Stock up on tinned and frozen foods so you don't have to go out too much when it's cold or icy



Keep active

- Exercise is good for you all year round, and it can help keep you warm in winter
- Try to move around indoors and not sit still for more than an hour

also...

- Wear lots of thin layers; clothes made from cotton, wool or fleecy fibres are particularly good for maintaining body heat
- Wear good-fitting slippers with a good grip indoors and shoes with a good grip outside to prevent trips, slips and falls

Check medicines

- Be prepared for common health problems by keeping a well-stocked medicine cabinet at home

Ask your pharmacist for advice or go to:

www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/

- Make sure you have spare medication in case you are unable to go out
- Order repeat prescriptions in good time
- Check if they can be delivered by your pharmacy, or ask someone to collect them for you

Look out for others

- Keep in touch with friends, family and your community
- Look in on older neighbours or relatives, especially those living alone or who have health problems, to make sure they:
 - are safe and well
 - are warm enough, especially at night
 - have enough food and medicines so they don't need to go out during very cold weather

Get financial support

Grants, benefits and sources of advice are available to make your home more energy efficient, improve your heating, or help with bills.

- It's worth claiming all the benefits you are entitled to before winter sets in
- Grants include the *Winter Fuel Payment* and the *Cold Weather Payment*
- More information on how to reduce your bills and make your home more energy efficient is available at the government's Simple Energy Advice website, or call the Simple Energy Advice helpline on 0800 444 202
- You can also find out about heating and housing benefits on GOV.UK

☺ **More information on this will also be shared later today** ☺

Hand washing

Reduce the risk of picking up or spreading winter viruses such as influenza and norovirus

Coronavirus (COVID-19)

There are three simple actions we must all do to keep on protecting each other



Wash hands

keep washing your hands regularly



Cover face

wear a face covering in enclosed spaces



Make space

stay at least 2 metres apart - or 1 metre with a face covering or other precautions



Mental health support

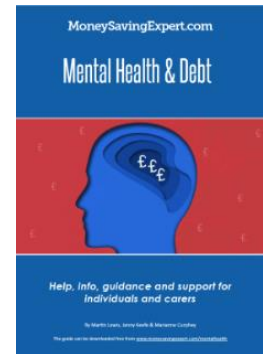
Advice and support is available from a range of organisations and resources (see *additional separate document*)



Eden Valley Hospice

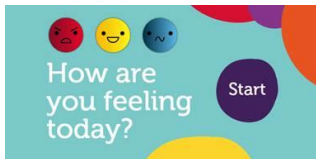


Cumbria's Children's Hospice



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Every life matters ...



Serving the people of Cumbria

Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell. Help and advice is available from:

- Pharmacies
- GP
- NHS 111 - go to www.111.nhs.uk or call 111 if you have an urgent medical problem and you're not sure what to do

The sooner you get advice, the sooner you are likely to get better

Could it be coronavirus?

- The most common symptoms of COVID-19 are recent onset of a new continuous cough or a high temperature or a loss of, or change in, normal sense of taste or smell.
- Get advice about coronavirus and what to do here:
www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance

Key messages




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Public Health England




Keep Warm Keep Well

Coping with cold weather and COVID-19




Keep Warm

-  Heat your home to at least 18°C
-  Ensure you have adequate food, medication and warm clothes
-  Check if you are eligible for help to keep your home warm




Keep Well

-  Stay as active as you can, any exercise can bring health benefits
-  Make sure you get your flu vaccine
-  Follow COVID-19 guidance

Keep Connected Safely

-  Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice
-  Keep in touch with friends, family and your community
-  Look out for others. Ask how they are keeping warm during cold weather

Further Information

-  [Simple Energy Advice](#) provides free advice on energy efficiency and National grants to help with energy bills: 0800 444202
-  Plan ahead. Stay up to date with the weather forecast
-  If you're worried about your health, visit the [NHS Website](#), call NHS 111 or in an emergency call 999

Helpful Resources

For members of the public

Health Advice

- [NHS How to stay well in winter](#)
- Get the latest [NHS information and advice about coronavirus \(COVID-19\)](#). COVID-19 information is available in British Sign Language via the [SignHealth](#) website
- [NHS information on the Flu Vaccine](#)

Other Support and Advice

- Register for support from the [NHS Volunteer Responders](#)
To arrange support for yourself or someone you know, call: 0808 196 3646 (8am to 8pm, 7 days a week)
- [AgeUK: Keep well this winter](#)
- [Citizens Advice](#) offers free and confidential advice online, over the phone and in person
- For additional support, check if you're eligible to register on your energy company's Priority Service Register. For more information visit the [Ofgem website](#)

For professionals

- Download the NHS [Stay Well This Winter](#) campaign leaflet or order a printed copy from the PHE Campaigns Resource Centre
- Access the [Cold Weather Plan for England](#) and allied resources
- Subscribe to the Cold Weather Alerting system for England via [GovDelivery](#)
- Read NICE Guideline 6: '[Excess winter deaths and illness and the health risks associated with cold homes](#)'
- Take the [Helping People Living in Cold Homes](#) e-learning module
- Use the [Cold Homes Toolkits](#)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/932952/keep_warm_keep_well_2020.pdf

Cumbria County Council Winter Ready

www.cumbria.gov.uk/winterready/default/healthready.asp

Main menu ×

- Winter Ready 2020
- Emergency ready
- Health ready**
- Travel ready

Home > Winter Ready 2020

Winter Ready - Health Ready

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

Pharmacy Opening Times over Christmas and the New Year

If you need medical advice, prescriptions or over the counter medicines over the festive period please [find a pharmacy near you](#). If you've been prescribed medication, don't forget to pick up your prescription before the Christmas holidays start. Many GPs and pharmacies will close over the holidays.

Medical advice over Christmas and the New Year

How to keep warm and well this winter

Keep warm an..

Stay well this winter and repeat prescriptions - video

Stay Well

FEEDBACK

