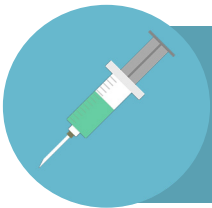


# *Are you winter ready?*



**Clothing** - Sensible shoes with grip to avoid falls, wear an insulated coat and thin layers of clothing made from cotton, wool or fleece.

**Medication** - Keep an eye on the weather forecast, if it is predicted to be bad stock up on medication.



**Flu Jab** - The flu jab is free for those who are over 65, pregnant, have asthma or lung disease. Find out more on the NHS website or by calling your GP.

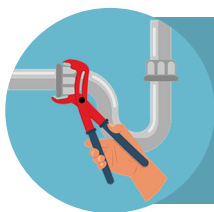
**Finances** - There is financial support in place to help during the winter. Visit or call the Citizens Advice Ashfield on 03444 111 444 for help with grants and debt.



**Support** - Contact your energy supplier to check you are on the best tariff and to be prioritised if there is a power cut. Don't know who your energy supplier is? Call Western Power Distribution to find out on 0800 096 3080.

# *Did you know, cold weather and cold homes increase the risk of hospital admissions and death over winter?*

**Food** - Do you have a good stock of nutritional food? This will keep your energy up and boost your immune system. You should have at least one hot meal a day to keep warm.

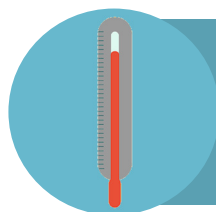


**Boiler & Radiators** - Bleed your radiators, they will be hotter and more effective at heating your home.

**Boiler** - Is it serviced and working? Do you know how to work your heating controls?

**Windows** - Close your curtains and tuck them behind your radiators.

**Doors** - Why not get draught excluders for external doors? You should keep all internal doors shut to keep heat in.



**Temperature** - The ideal temperature is 21 °C in the living room and 18 °C in other rooms. Why not get a simple thermometer to keep an eye on this?

Now you are winter ready, check on older neighbours and relatives to make sure they are prepared too. If you are worried about anyone, contact AgeUK on 0115 844 0011 for help and advice.

Find out more on our website [www.ashfield.gov.uk](http://www.ashfield.gov.uk)