

Cold Weather Conditions Preparation



Useful numbers:

Social care support	01243 642121
Age UK EG	01342 327046
Mid-Sussex Wellbeing	01444 477191



Get a flu jab and ensure you have enough medicines to hand in your home



Good hand hygiene can help prevent the spread of norovirus – always wash hands after shopping



Learn a few simple first aid steps to deal with strains and sprains



Have regular hot drinks and at least one hot meal a day – stock up on tinned and frozen food or shop online to have it delivered



Wear several light layers of warm clothes



Keep as active in your home as possible



Wrap up warm and wear shoes with a good grip if you need to go outside



Keep your main living room at around 18-21°C (65-70°F) and the rest of the house at least 16°C (61°F) and block out draughts