

5 ways to protect your health this winter



Made in co-production with
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1

Be ready for bad weather



Make sure you have enough food and any prescription medicine to last during periods of bad weather.



2

Keep moving and stay social



Moving or stretching every hour can keep you warmer.



Visit a warm space near you to stay cosy and connected with others:

<https://www.babergh.gov.uk/web/babergh/w/wellbeing-and-community-support>



3 Get your vaccinations



As we spend more time indoors it's easier to catch colds and flu.



Getting your vaccination will give you protection from illnesses.



4

Avoid trips and falls



Be careful in icy or slippery conditions.



Keep walkways around your home clear.



Wear shoes or slippers that fit well and have a good grip.



Stay hydrated and eat well.



For more tips visit:

[**www.nhs.uk/conditions/falls/**](http://www.nhs.uk/conditions/falls/)



5

Keep your home warm



Try to keep the rooms you use at 18°C or warmer.

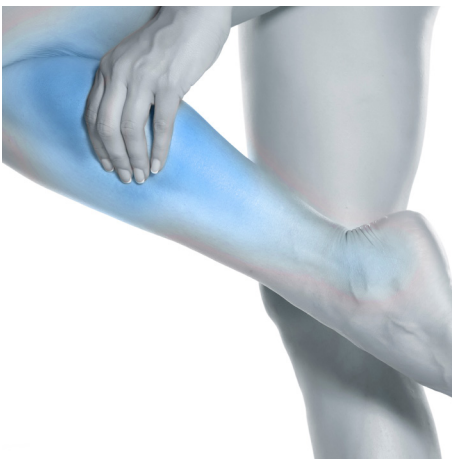


Cold homes can be bad for your health, especially if you have a medical condition or are older.

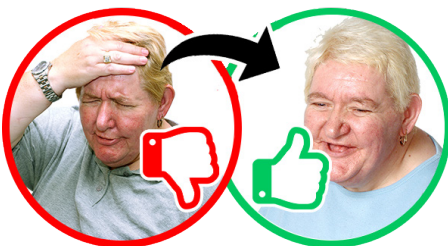
If your home is cold, you're more likely to:



- Catch colds and flu.

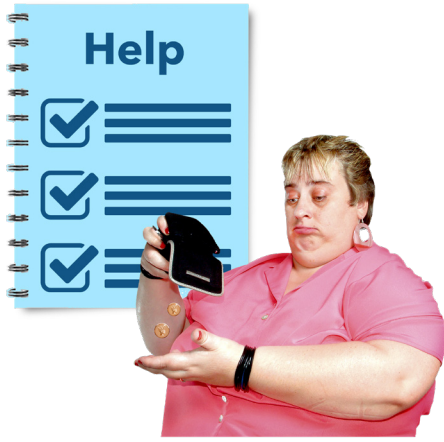


- Fall due to cold muscles.



- Take longer to get better when you're unwell.





Where to go for help?



Worried about the cost of keeping your home warm?

Go to our Cost of Living webpage:



babergh.gov.uk/cost-of-living

You can contact us in a number of different ways.

Website: www.babergh.gov.uk

Phone: 0300 123 4000 then choose option 7

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