



UK Health
Security
Agency



Staying safe in cold weather

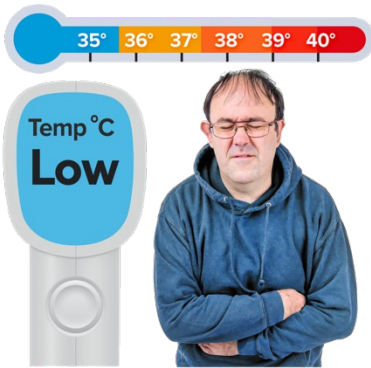
Easy Read booklet



About cold weather



This guide is about how to stay healthy if the weather gets cold.



Anyone can become unwell if they get too cold. Some people are more at risk than others.



You can get yourself and your home ready for winter.



When winter comes, you can do things to keep warm and stay well.

People at risk



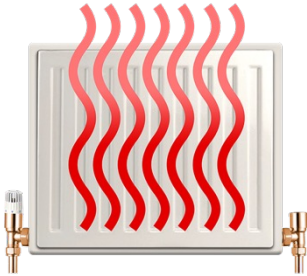
Some people are more likely to be ill because of cold weather.

This means people who:

- are over 65 years old
- are 5 years old or younger
- are pregnant or have long-term health conditions
- are living on their own or need help to look after themselves
- have learning disabilities
- do not have enough money
- are at risk of falling over



How to keep your home warm



Heat the rooms you use most of the time. **18°C** is the coldest these rooms should be.



Stop cold air coming in your windows and around doors. It is cheap to put draught excluders around doors.

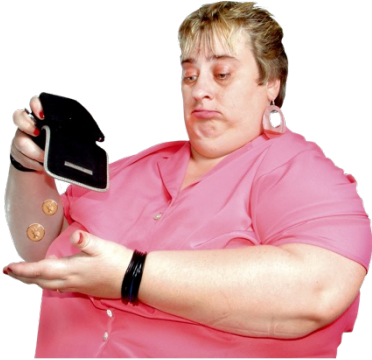


Keep bedroom windows closed at night.



Wear layers of thin clothing.

Help with money



It is hard to heat your home properly if you don't have much money.



It means you are more likely to be unwell because of the cold.



You can get benefits, grants and advice to help you with heating bills:
[Help for people on low incomes](#)



Here are some tips for saving money on your heating bills:
[Help for households](#)

Looking after yourself and others

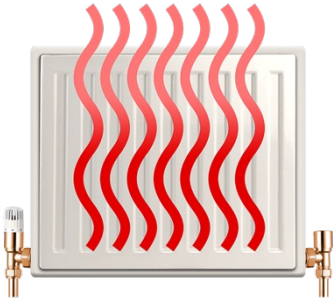


There are things you can do to help yourself. You can tell other people to do these things too:

- get your flu and Covid vaccines
- treat winter illnesses like colds and sore throats quickly
- if you are worried about your health, phone 111, or see your pharmacist or GP
- keep warm by walking or stretching your arms and legs
- wear shoes with good grips when you are outside
- if the weather is going to be very bad, check you have enough medicine and food



Get your home ready for winter



Make sure your heaters and boilers are working well. Get them repaired and serviced regularly.



Put insulation on water pipes to stop them freezing. Put insulation in your loft, too.



If you have mould or damp in your home, find out what is causing it. If you rent your home, tell your landlord.



Links to more information:

- [Help to Heat](#)
- [Energy Saving Trust](#)
- [About damp and mould](#)

Help and advice



The Met Office

- [Get your home winter-ready](#)
- [Keeping your home warm](#)



UK Government

- [Help for households](#)



Age UK

Web: [Help with the cost of living](#)
Phone: 0800 169 6565



NHS England

- [How to stay well in winter](#)