

Cold weather messages for children and parents



1. Children with flu have the same symptoms as adults including fever, chills, aching muscles, headache, stuffy nose, dry cough and a sore throat lasting up to a week. Flu can be a very unpleasant illness for children with potentially serious complications, including bronchitis and pneumonia. The flu vaccine is routinely given on the NHS as an annual nasal spray to children. Please see NHS Choices for latest age criteria and other information. <http://bit.ly/JegyAG>
2. Put several layers of clothing on your child and make sure their head, neck and hands are covered. If they then get warm, they can take one layer off at a time. Dress babies and young children in one more layer than an adult would wear.
3. In drier winter air, children lose more water through their breath. Keep them drinking and try giving them warm drinks and soup for extra appeal.
4. Make sure your children are wearing footwear with a good grip to reduce the risk of slipping and falling on icy pavements and take your time when walking.
5. On dark mornings and evenings, it is recommended that children wear or carry something to make them more visible when making journeys. This should be something bright or fluorescent during the day and something reflective at dusk and in the dark.
6. Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring your child indoors and put the affected area in warm water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 999 immediately.

Public Health and Wellbeing Cold Weather Messages



Avoid a Fall this Winter!

Icy pavements and roads can be extremely slippery. Take extra care if you go out, and wear boots or shoes with good grip on the soles.

Remember that black ice on pavements or roads might not be clearly visible.



Keep the warmth in by



- Fitting draught proofing to seal any gaps around windows and doors
- Making sure you have loft insulation. And if you have cavity walls, make sure they are insulated too
- Insulate your hot water cylinder and pipes
- Draw your curtains at dusk to help keep heat inside your rooms
- Make sure your radiators are not obstructed by furniture and tuck long curtains behind radiators

Recommended Minimum Indoor Temperatures for Homes in winter

Heating homes to at least 18°C (65F) in winter is recommended for the health of a sedentary person, wearing suitable clothing.



Daytime recommendations

- The 18°C (65F) threshold is particularly important for people aged over 65 or with pre-existing medical conditions
- The 18°C (65F) threshold also applies to healthy people aged under 65. However, if they are wearing appropriate clothing and are active, they may wish to heat their homes to slightly less than 18°C (65F)

Overnight recommendations

- Maintaining the 18°C (65F) threshold overnight may be beneficial to protect the health of those aged over 65 or with pre-existing medical conditions. They should continue to use sufficient bedding, clothing and thermal blankets or heating aids as appropriate
- The 18°C (65F) threshold overnight may be needed less for healthy people aged under 65. They should continue to use sufficient bedding, clothing and thermal blankets or heating aids as appropriate
- Keep your home well ventilated to help prevent condensation and damp
- Use your electric blanket as instructed but don't use a hot water bottle with it as it could be dangerous
- Don't use a gas cooker or oven to heat your home as there is a risk of carbon monoxide poisoning
- Make sure you have a supply of heating oil, LPG or solid fuel if you are not on mains gas or electricity

Look after yourself



- Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks
- Aim to include five daily portions of fruit and vegetables. Tinned and frozen vegetables count towards your five a day
- Stock up on tinned and frozen foods so you don't have to go out too much when it's cold or icy
- Exercise is good for you and helps to keep you warm and healthy. If possible, try to move around at least once an hour
- Wear lots of thin layers – clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat
- Wear well-fitting slippers with a good grip indoors and shoes with a good grip outside to prevent trips, slips and falls
- Make sure you have spare medicine at home in case you are unable to go out
- Check with Ofgem <http://bit.ly/2IKdFig> tel: 020 7901 7000 if you are eligible for inclusion on the Priority Services register operated by your water and power suppliers.

Look after others

- Check on older neighbours or relatives, especially those living alone or who have serious illnesses to make sure they are safe, warm and well



Get financial support

- There are grants, benefits and sources of advice to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to before winter sets in, terms and conditions apply <http://bit.ly/2kwLUz> tel: 0345 6039439



Get moving when it snows

- If you live on or near a hill, now is the time to buy your own supply of salt from local garden centres or builders' merchants
- Where council salt bins are provided the salt is only intended to be used on the nearby public roads and footpaths.
- Don't forget to buy a snow shovel and to use it before any snowfall compacts

