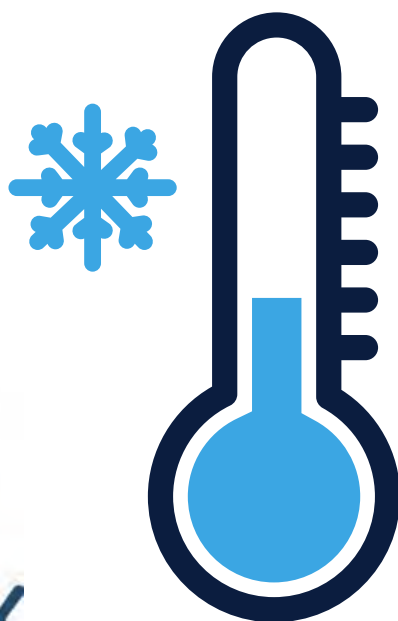# Keep Warm and Well

This guide is about how to stay healthy if the weather gets cold
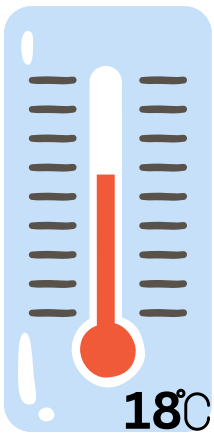
Illnesses spread more easily in winter

Spend more time indoors to stay warm

Make sure your home is warm and cosy
keep your home at a comfortable
temperature around 18 degrees

18℃

If you are feeling unwell,
see your doctor as soon as you can
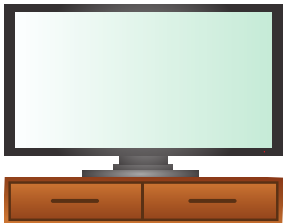
Tips to keep you safe and warm

Wear lots of layers of clothes

Keep moving your body,
this helps to keep you warm

Get your flu/COVID-19 vaccination

Listen to the weather forecast on the TV

Keep your bedroom windows closed at night

Get your vaccinations

Flu and COVID-19 can make you very ill

Vaccinations help you stay healthy

If you are eligible,
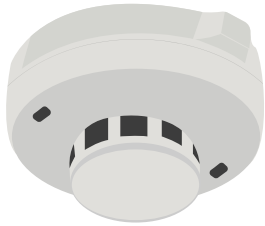the NHS will contact you

You can book an appointment or
on the NHS app or the website
If you cannot go online, call **119** for free

Talk to your doctor if you are feeling
unwell

Get your free home fire safety check

Examples of fire hazards

South Yorkshire FIRE & RESCUE

Make sure your smoke alarms are working, test them regularly

Be careful when cooking in the kitchen, do not leave pans unattended

Make sure you don't overload plug sockets

Everyone who lives in South Yorkshire can get a free online home safety check

Use this online form **syfire.gov.uk/safety-advice/request-a-visit** or call **01142532314**

Falls Prevention

Easy steps to reduce falling or tripping over

Get your hearing checked regularly

Get your free annual health check, ask the doctor to look at the medicine you take

Don't drink too much alcohol

Keep rooms clean and tidy so that you don't trip over

Wear slippers and shoes with good grips

Support

You can get benefits, advice and grants to help you with heating your home
Visit: **Barnsley.gov.uk/warmhomes**

Look out for mould or damp in your home if you see this, contact your landlord

For advice on financial support this winter
Visit: **Barnsley.gov.uk/MMIYP**

Help and Advice

For help with energy bills and
keeping your home warm in winter

Call: **111**
If emergency : **999**
Visit: **www.nhs.uk**

Call: **01226 240273**
Visit: **Dialbarnsley.org.uk**

Visit:
Barnsleycab.org.uk/get-advice