



# Prepared

## Stay warm with our cold weather alerts

Follow these ten steps to stay warm and well this winter:

1. Don't forget your annual flu jab
2. Eat well
3. Keep warm
4. Stay active
5. Take care in icy conditions
6. Check the weather forecast
7. Make sure your heating works
8. Look after yourself and others
9. Find out about financial support
10. If you take medication double-check you have enough

For further advice please contact:

Met Office [www.metoffice.gov.uk](http://www.metoffice.gov.uk) or call 0870 900 0100

Age UK [www.ageuk.org.uk](http://www.ageuk.org.uk) or call 0800 169 6565

National Health Service [www.nhs.uk](http://www.nhs.uk) or call NHS Direct on 0845 4647