

## Help keep residents safe in the cold weather

Whilst exposure to cold can affect anyone, some people are particularly at risk. These include:

- older people (aged 65 and above)
- people with cardiovascular (heart and circulation) conditions
- people with respiratory conditions (in particular chronic obstructive pulmonary disease and childhood asthma)
- people with mental health conditions
- people with learning and/or physical disabilities
- young children (particularly those aged under 5)
- pregnant women
- people on a low income

There are many reasons for the increased risk of ill-health in cold weather. These include:

- poor-quality housing and particularly cold homes
- the higher frequency of circulating infectious diseases, such as flu and norovirus during the winter months
- physical hazards such as snow and ice

There is more guidance on the UKHSA [Keeping warm and well: staying safe in cold weather](#) and the [NHS seasonal vaccinations and winter health](#) websites.

- Book your flu vaccine [here](#).
- Book your COVID-19 vaccine [here](#).

## What action is needed?

1. Read the [Adverse Weather and Health Plan](#) and familiarise yourself with guidance.
2. Make sure you, colleagues and partners [register](#) for Cold-Health Alerts
3. Make sure you have up to date local plans and when required implement [local action cards](#) and carry out the [summary action card check list](#).
4. Cascade Public Health messages around cold weather harms

Sector specific and more detailed guidance can be found for:

- [Supporting vulnerable people before and during cold weather: people homeless and sleeping rough](#)
- [Top tips for keeping warm and well in winter – leaflet](#)
- [Keeping warm and well: staying safe in cold weather – poster](#)
- [Weather-Health Alerting System: user guide](#)
- the Met Office websites on [how to get your home and property winter ready](#) and [keeping your home warm this winter](#)
- GOV.UK website on [help for households](#)
- [Age UK's website](#) or call 0800 169 6565 and quote 'WINTER'
- the NHS England website [how to stay well in winter](#)