

GET READY FOR WINTER

Tis the season to.....

Sign up - Cold-Health Alerts will help planning and preparedness this winter by keeping you informed and up to date with the latest forecasts. Receive alerts directly via email by **signing up for alerts** from UKHSA.

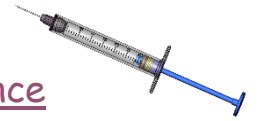
Keep Warm

- When the temperature starts to drop, it's important to stay warm both at home and when you're out and about.
- Make sure your heating system is in good working order and use timers and thermostats to regulate the temperature.
- Don't venture out in very cold or icy conditions, unless it is essential. If you do go outdoors, make sure you wrap up warm and wear appropriate footwear.
- Dress appropriately - wrap up warm, several layers are better than one thick jumper.
- Have regular hot meals and hot drinks as these will provide warmth and energy.
- More information is available at [Keep-warm-advice-leaflet.pdf \(lancashire.gov.uk\)](#)



Stay Well

- Make sure you get your winter vaccinations - flu and covid. Look out for the UKHSA campaign - [Get Winter Strong](#)
[Get Winter Strong: revisiting respiratory infection guidance for a safer season - UK Health Security Agency \(blog.gov.uk\)](#)
- When you get your flu jab, check if you're also eligible for the pneumococcal vaccine, which helps protect you from pneumonia, and the shingles vaccine.
- Stop the spread of germs. As well as getting vaccinated, there are some other simple measures you can take to reduce the spread of illness. Regularly washing your hands with soap and water is one of the best ways to stop germs from spreading.
- Think about stocking up on cold and sore throat remedies too.
- Further advice can be found at [How to Keep Warm in Winter | Age UK](#)





Drive Safe

- Allow extra time for journeys - check the weather forecast before you set off.
- Try to stay to major routes - they are more likely to be cleared and gritted. To find out if you are on a gritting route, view our [gritting map](#) of primary and secondary routes around the county.
- Stopping distances can be 10x longer when it's icy, so remember to drive carefully.
- Check out [Winter driving advice - Lancashire County Council](#) for more information.



Drink Responsibly

- As Christmas approaches, it can be hard not to get carried away with the 'good cheer.' What might not be so clear is how alcohol affects your health and wellbeing.
- Try not to drink on an empty stomach. A healthy meal before you go out or start drinking, and snacks between drinks can help to slow down the absorption of alcohol, helping you to stay in control. 
- Pace yourself by alternating any alcoholic drinks with water or soft drinks.
- Keep warm and always take a coat. Alcohol makes blood flow to the blood vessels near your skin and away from the core of your body. If you then go out in the cold after drinking, you can lose heat very easily and quickly. 
- [Twelve tips to stay safe this Christmas | Drinkaware](#)

We hope these top tips will help you to be prepared throughout the winter months.

For further information and support on health protection practice, please do not hesitate to contact the Lancashire County Council Health Protection Team at the following mailbox address: healthprotection@lancashire.gov.uk

Sources: Adapted from various public health protection and safety materials, contact list available.

