



Public Health  
England

# Keep Warm Keep Well

## Coping with cold weather & COVID-19

### Keep Warm



Heat your home to at least  
18°C



Ensure you have adequate food,  
medication and warm clothes



Check if you are eligible for  
help to keep your home warm

### Keep Well



Stay as active as you can,  
any exercise can bring  
health benefits



Make sure you get your  
flu vaccine



Follow COVID-19 guidance

### Keep Connected Safely



Get help if you need it.  
Speak to your GP, pharmacist,  
carer or key worker for advice



Keep in touch with  
friends, family and your  
community



Look out for others.  
Ask how they are keeping  
warm during cold weather

### Further Information



[Simple Energy Advice](#) provides  
free advice on energy efficiency &  
National grants to help with energy  
bills: 0800 444202



Plan ahead.  
Stay up to with the  
weather forecast



If you're worried about  
your health, visit the  
[NHS Website](#), call **NHS  
111** or in an emergency  
call 999

# Helpful Resources

## For members of the public

### Health Advice

- [NHS How to stay well in winter](#)
- Get the latest [NHS information and advice about coronavirus \(COVID-19\)](#). COVID-19 information is available in British Sign Language via the [SignHealth](#) website
- [NHS information on the Flu Vaccine](#)

### Other Support and Advice

- Register for support from the [NHS Volunteer Responders](#)  
To arrange support for yourself or someone you know, call:  
0808 196 3646 (8am to 8pm, 7 days a week)
- [AgeUK: Keep well this winter](#)
- [Citizens Advice](#) offers free and confidential advice online, over the phone and in person
  - For additional support, check if you're eligible to register on your energy company's Priority Service Register. For more information visit the [Ofgem website](#)

## For professionals

- Download the NHS [Stay Well This Winter](#) campaign leaflet or order a printed copy from the PHE Campaigns Resource Centre
- Access the [Cold Weather Plan for England](#) and allied resources
- Subscribe to the Cold Weather Alerting system for England via [GovDelivery](#)
- Read NICE Guideline 6: ['Excess winter deaths and illness and the health risks associated with cold homes'](#)
- Take the [Helping People Living in Cold Homes](#) e-learning module
- Use the [Cold Homes Toolkits](#)