

**INFORMATION PROVIDED BY PUBLIC HEALTH TEAM, WOKINGHAM  
BOROUGH COUNCIL (16<sup>TH</sup> JANUARY 2022 @ 16:44)**

The Met Office has now issued a Level 3 Cold Weather Alert. There is a 90% probability of severe cold weather and icy conditions **from 0900 on Monday 16 Jan and 0900 on Friday 20 Jan in the Southeast, including Wokingham**. This means that temperatures are likely to drop to levels that increase the risk of ill health among vulnerable people, including those with long term conditions and those living in cold homes.

- **Heating homes to at least 18°C (65F) in winter poses minimal risk to the health of a sedentary person, wearing suitable clothing.**
- The 18°C (65F) threshold **is particularly important for people 65 years and over or with pre-existing medical conditions**; having temperatures slightly above this threshold may be beneficial for health
- maintaining the 18°C (65F) threshold overnight may be beneficial to protect the health of those **65 years and over or with pre-existing medical conditions**; they should continue to use sufficient bedding, clothing and thermal blankets, or heating aids as appropriate
- There is an existing recommendation to reduce sudden infant death syndrome (SIDS). Advice is that rooms in which infants sleep should be heated to between 16 to 20°C (61 to 68F)

**“Make sure that you stay warm. If going outside, make sure you dress appropriately. If indoors, make sure that you keep your heating to the right temperature; heating your home to at least 18°C in winter poses minimal risk to your health when you are wearing suitable clothing. If there is anyone you know who might be at special risk, for example, an older person living on their own, make sure they know what to do to stay warm and are well stocked with food and medications. If you are worried about your health or that of somebody you know, ring NHS 111**

**More information is available on the winter health pages at NHS Choices ([www.nhs.uk](http://www.nhs.uk)).**”

- [‘Keep Warm Keep Well’](#) leaflet for the public and professionals, giving advice on staying well in cold weather, covering issues such as financial help, healthy lifestyles, the flu vaccine and heating advice
- [Cold Weather Plan For England](#)
- [‘Stay Well This Winter’ NHS leaflet](#)
- Advice and recommendations for home improvements using the government website here <https://www.gov.uk/improve-energy-efficiency>
- Advice and recommendations for home improvements using the government website here <https://energysavingtrust.org.uk/energy-at-home/>
- Connecting Communities in Berkshire (tailored energy advice) <https://ccberks.org.uk/our-projects/energy-advice-and-fuel-poverty/>

Advice for the public on financial support and benefits can be found on the [government website](#) and the Wokingham Borough Council website page [Cost of living help](#) This includes:

- A [Household Support Fund](#)
- An [online resource](#) is now available to help residents worried about paying bills find out about help available locally.
- Information on [Help and support with saving energy](#)
- Information on places to go to keep warm and get support through the winter at [Warm spaces](#).

### **Winter Vaccination Information**

Vaccines are the best defence we have against COVID-19 and other respiratory infections such as flu. They provide good protection against hospitalisation and death. They also reduce the risk of long-term symptoms. The government is offering help for households, see what [cost of living support](#) you could be eligible for.

Eligible groups for the FREE flu jab can be found [here](#) and eligible groups for the COVID-19 booster can be found [here](#).

If you have any questions/queries, please feel free to contact:

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