

Provider section

# Cold Weather Alert

Level 1 - Be Prepared



This level highlights the need to be prepared for potential cold weather in the West Midlands, which includes low temperatures, wintry showers, possible icy conditions, overnight frosts and snow.

Please do monitor weather forecast and cold weather alert pages for daily information and changes in alert levels throughout the winter season:

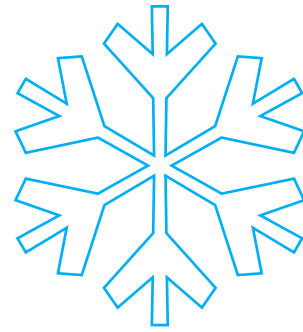
<https://www.metoffice.gov.uk/public/weather/forecast>

<http://www.metoffice.gov.uk/public/weather/cold-weather-alert>



# LEVEL 1

## Be Prepared



We value and need your support to ensure the mitigation of risks to health that the cold weather poses, particularly for people in our most vulnerable communities, such as the very old, the very young and those with chronic illnesses.

Cold kills, even in places where temperatures are not at their lowest. Most of the health impacts caused by cold weather occur at moderate outdoor temperatures of between 4°C and 8°C.

We would like to ask you to please ensure the following actions are taken in preparation and also for the duration of the periods of severe cold weather.

- You have systems in place to ensure cold weather alerts are sent out to all staff
- Staff members have identified all those vulnerable to cold weather and that arrangements are in place to support and protect them appropriately. All staff members who provide direct personal care have had their flu vaccination
- Staff are undertaking appropriate checks when attending to patients/customers, e.g. room temperature (18°C minimum both during the day and at night); ensuring sufficient supply of medications and food, and that individuals have an emergency contact number available. Arrange daily contacts/visits to those who are most vulnerable, and ensure signposting to appropriate services for those who are in need.
- Business continuity plans are in place, and that services are equipped to cope with surges in demand. Make sure that the best use is made of capacity in services, moving individuals from acute beds to community beds/care where appropriate.
- All staff are familiar with the key public health messages outlined below, as well as links to the Stay Well in Winter campaign materials. Please ensure all staff are reinforcing these messages with all patients, carers and families. Further messages include: ensuring people check in on vulnerable neighbours and support them with clearing snow and ice from driveways/walkways to allow access; and making sure people dress for the weather and avoid exposing themselves to cold or icy conditions if they are at higher risk of cold-related illness or falls

If you are concerned about somebody who is unable to adequately heat their home, for advice about keeping energy bills down, benefits entitlements and qualification for loft and cavity wall insulation and other heating measures (please note these are not emergency numbers), please contact:

**Coventry Residents** - The Affordable Warmth Team on **024 7683 2330**

**Warwickshire Residents** - The Act on Energy helpline **0800 988 2881**

We would be grateful if you could cascade this information to all your staff.

Stay well this winter advice:

<http://www.nhs.uk/staywell/>

All national flu leaflets can be found at:

<https://www.gov.uk/government/collections/annual-flu-programme>

The national cold weather plan can be found here:

<https://www.gov.uk/government/publications/cold-weather-plan-cwp-for-england>

You can find further information on our council websites:

[www.coventry.gov.uk](http://www.coventry.gov.uk)

and

[www.warwickshire.gov.uk](http://www.warwickshire.gov.uk)

or our emergency planning website

<http://www.cswprepared.org.uk/home>

# KEY PUBLIC HEALTH MESSAGES



## One in three people in Coventry and Warwickshire are entitled to a free flu vaccination this winter.

- People **aged 65 years or over** (including those becoming age 65 years by 31 March 2018)
- All **pregnant women** (including those women who become pregnant during the flu season)
- **Children (from 6 months)** or **adults** with a serious medical condition such as:
  - Chronic respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
  - Chronic heart disease, such as heart failure
  - Chronic kidney disease at stage 3, 4 or 5
  - Chronic liver disease
  - Chronic neurological disease, such as Parkinson's disease, motor neurone disease or learning disabilities
  - People who have had a stroke or transient ischaemic attack (TIA or 'mini-stroke')
  - Diabetes
  - Weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
  - People without a spleen or problems with the spleen
  - People who are morbidly obese
  - Household contacts of immunocompromised individuals
- **Carers** (main carer of an older or disabled person)
- People living in **long-stay residential care homes** or long-stay care facilities
- A nasal vaccination is available for all children aged 2 and 3 years old on August 31 2017 through their GP (i.e. those born between 1 September 2013 and 31 Aug 2015).
- All children in Reception and Years 1 - 4 will be offered a vaccination through school.

**Contact** your GP or Pharmacist if you, or someone you care for, qualifies for a **free flu vaccination**

# KEY PUBLIC HEALTH MESSAGES



## Keep your home warm, efficiently and safely

- Heating your home to 18°C in winter poses minimal risk to your health when you are wearing suitable clothing.
- Get your heating system and cooking appliances checked and keep your home well ventilated.
- Use your electric blanket as instructed and get it tested every three years. Never use a hot water bottle with an electric blanket.
- Do not use a gas oven or cooker to heat your home, it is inefficient and there is a risk of carbon monoxide poisoning, which can kill.
- Make sure you have a supply of heating oil or LPG or solid fuel if you are not on mains gas or electricity to make sure you do not run out in winter

## Keep the warmth in your home

- Fit draught proofing to seal any gaps around windows and doors
- Make sure you have loft insulation. If you have cavity walls make sure they are insulated too.
- Insulate your hot water cylinder and pipes
- Draw your curtains at dusk to keep the heat generated inside your rooms
- Make sure your radiators are not obstructed by furniture or curtains.

## Look after yourself

- Food is a vital source of energy and helps keep your body warm so have plenty of hot food and drinks
- Aim to include five portions of fruits and vegetables. Tinned and frozen vegetables count toward your five a day
- Stock up on tinned and frozen foods so you don't need to go out too much when it's cold and icy.
- Exercise is good for you all year round and it can keep you warm in winter
- If possible, try to move around at least once an hour, but remember to speak to your GP before starting any exercise plans
- Wear lots of thin layers- clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat.
- Wear good fitting slippers with a grip indoors and shoes with a good grip outside to prevent trips slips and falls.
- Make sure you have spare medication in case you are unable to go out
- Check if you are eligible for inclusion on the priority services register, operated by your water and power supplier

# KEY PUBLIC HEALTH MESSAGES



## Look after Others

- Check on older neighbours or relatives, especially those living alone or who have serious illnesses to make sure they are safe, warm and well.

## Get Financial Support

- There are grants, benefits and advice to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to before winter sets in.

