



**YOU CAN
BE A WINTER
HERO**



IT'S EASY!



Looking after your family and you:

- Get your flu jabs
- Keep warm at home
- Be prepared for winter



Looking after your neighbours:

- See if your neighbour needs anything
- Help keep drives and pathways clear from snow and rubbish
- Pop in for a cuppa or knock on their door to see if they're keeping warm



Being prepared:

- Keep an eye on the weather
- Make sure you have your medication and your medicine cabinets are stocked for winter
- Plan your journeys: keep up to date with transport links and traffic reports

#BeAWinterHero

