



Warm through the winter

## Description



Cold weather can affect our health. We're all aware of that.

And of course, very cold weather can affect anyone. But we're most vulnerable if we're 65 or older, have a long-term health condition, or disabled.

So it's important for us to find out how to keep ourselves well and our homes warm during winter.

[The NHS offers some basic tips](#) to look after yourself and others. *(Photo: Clive Price)*

## Category

1. Friends & Family

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