

Keep Safe and Healthy this Winter

- Get your **flu jab** - this is free for the over 65s
- Ask your doctor or pharmacist about the **pneumonia jab**
- Regularly **wash your hands** to avoid germs
- Wrap up and **keep yourself warm**
- **Keep your house warm**
- Eat **healthy and hot meals** when possible
- Make sure you have **access to a torch and blanket** in the instance of a power shortage

If you experience any issues with your heating or hot water, please contact us immediately - **we are here to help you!**

Contact us on:

 020 7922 5300

 contact-us@ccht.org.uk



