

Press release  
30 November 2010

### **Hackney Homes advises residents to ‘keep warm, keep healthy’**

As the temperature gets colder, Hackney Homes is advising all residents to keep warm and keep healthy. This is one of the best ways to fight off common winter illnesses such as flu.

Simple and easy advice to follow include:

- Get a free seasonal flu jab available from local chemists and GPs.
- Avoid catching colds or flu by maintaining good hygiene, washing your hands regularly and throwing tissues away once used.
- Eat well – have plenty of hot food and drinks. You should also eat regular meals as these will help keep your energy levels up.
- Stay active - exercise is good for your overall health and it can keep you warm in winter. If you can, try to move around at least once an hour.
- Dress for the weather - wear lots of thin layers – clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat.
- Heating your home – heat your home at the right temperature. If you can't heat the whole house, heat the room that you spend the most time in and then your bedroom just before you go to bed. You should also draw the curtains and close doors to keep the heat in the room you use the most.

If you have a neighbour who is elderly or vulnerable, why not check in on them on a cold day? They may need your help or just a friendly chat. You can also contact the local Neighbourhood Housing Office who can arrange to make a visit to assist the resident.

**-Ends-**

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### **Notes to Editors**

- Hackney Homes is an arms-length management organisation managing around 30,000 council properties in the borough of Hackney.