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Extreme weather updates



Horsham
District
Council

Amber cold health alert in place across England until January 9



An Amber cold health alert is in place for the next week, meaning the cold weather is likely to impact our health and social care services. In this email newsletter you'll find some top tips to stay warm and well as the temperature drops from key partners and organisations.

[Read More about the Alert](#)

NHS tips to stay warm and well



Make sure to stay warm and well over the coming days and check in on those who might need a little extra support. Here are some tips from NHS partners:

- Keeping warm over the winter months can help to prevent colds, flu and more serious health problems. Try to heat rooms you spend a lot of time in, such as the living room, to at least 18 degrees
- Regular exercise can help improve your mental health, reduce the risk of falling and can be beneficial for recovery if you do get ill. If you're getting out over the next few days be sure to wear non-slip shoes
- Wear plenty of layers: wearing more lighter layers can keep you warmer than one thicker one
- Make sure you have sufficient food and medicine at home
- If you are feeling unwell, please don't delay getting advice and treatment.

Winter driving advice



During the winter months, weather conditions can make driving more difficult and potentially hazardous. If you are driving this weekend, take a look at Sussex Police's driving advice:

- Clear your windscreen fully before setting off; avoid leaving your vehicle unattended with your keys in the ignition
- Top up on vehicle fluids, including de-icer and engine oil
- If you can, plan your journey to stick to main roads
- Check lights are in working order, as well as wipers and ensure tyres are fit for the road

- Listen to local radio stations for road conditions and potential delays to your journey

More winter driving tips from RAC



Gritting updates from West Sussex Highways

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