When the temperature drops, it's important to take steps to keep yourself warm, both in the home and when you go out.

It's an old myth that you can catch a cold from going out in cold weather, but getting too cold can still be bad for your health. Cold weather can be particularly dangerous if you have breathing problems, reduced mobility, a low immune system or circulatory conditions. Illnesses like colds and flu are also more common during the winter months as it's easier for the germs to move in cold air. And if you get too cold for too long, you could suffer from hypothermia, which is when your body starts to shut down to save heat.

If you feel cold or can't afford to heat your home, ask for help - you may be entitled to help with your heating costs.