

# Keeping warm and well

## Are you prepared for Winter?

Winter bugs and viruses are usually mild but can sometimes become more serious, especially in young children or vulnerable family members. It can be hard to know when to manage your child's illness at home or when to seek medical help. Cambridgeshire and Peterborough Children's Health website offer guidance on common childhood illnesses and how to care for your child when they're unwell.

Find advice and support at

**[cambspborochildrenshealth.nhs.uk/keeping-warm-well](https://cambspborochildrenshealth.nhs.uk/keeping-warm-well)**

on staying warm and well this winter, including:

- ❄️ **Common childhood illnesses**
- ❄️ **Caring for a sick child**
- ❄️ **Staying safe and accident prevention**

We have also included links to money advice services, warm spaces and food banks.

Scan the QR code to visit the Cambridgeshire and Peterborough Children's Health website.

