

## **Top tips to staying safe and warm this winter**

1. Wear several thin layers of clothing: keeps you warmer than one thick layer.
2. Wear a hat – strange but remember you lose 30% of body heat through your head.
3. Have some bottled water in the house.
4. Have some long life food in that does not require heating.
5. Have some powdered or long life milk in the cupboard.
6. Have regular hot drinks and eat high energy foods like chocolate.
7. Avoid alcohol.
8. Try to keep one room warm by using temporary heaters.
9. Keep active if possible but not to the point of sweating as that loses body heat.
10. Have you had your electric blanket serviced?
11. Close curtains to keep out the cold.
12. Tuck curtain behind the radiators so you do not block out heat from them.
13. Keep internal doors closed to keep in the warmth.
14. Remember to ventilate your room during the day to stop condensation leading to mould and damp.
15. Make sure you know how to alter your heating system.
16. Make sure you have a list of essential phone numbers you need next to the phone.
17. Have a torch handy with new batteries in it.
18. Have some matches handy but safely out of the reach of children.
19. Watch the local news or listen to the local radio station for updates in severe weather situations.
20. Check that any outdoor pets are warm, cosy, fed and watered in bad weather.
21. Install a smoke detector.
22. Consider buying an electric heater or oil filled radiator, just in case.