



Cold Weather Public Health Messages

Keep the warmth in by

- Fitting draught proofing to seal any gaps around windows and doors
- Making sure you have loft insulation. And if you have cavity walls, make sure they are insulated too
- Insulating your hot water cylinder and pipes
- Drawing your curtains at dusk to help keep heat generated inside your rooms
- Making sure your radiators are not obstructed by furniture or curtains
- Heating your home to at least 18°C in winter poses minimal risk to your health when you are wearing suitable clothing
- Keeping your home well ventilated to help prevent condensation and damp
- Ensuring you use your electric blanket as instructed but don't use a hot water bottle with it
- Making sure you do not use a gas cooker or oven to heat your home; there is a risk of carbon monoxide poisoning
- Making sure you have a supply of heating oil or LPG or solid fuel if you are not on mains gas or electricity

Look after yourself

- Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks
- Aim to include five daily portions of fruit and vegetables. Tinned and frozen vegetables count toward your five a day
- Stock up on tinned and frozen foods so you don't have to go out too much when it's cold or icy
- Exercise is good for you all year round and it can keep you warm in winter
- If possible, try to move around at least once an hour. But remember to speak to your GP before starting any exercise plans
- Wear lots of thin layers – clothes made from cotton, wool or fleecy fibres are particularly good and maintain body heat
- Wear good-fitting slippers with a good grip indoors and shoes with a good grip outside to prevent trips, slips and falls
- Make sure you have spare medication in case you are unable to go out.
- Check if you are eligible for inclusion on the priority services register operated by your water and power supplier.

Look after others

- Check on older neighbours or relatives, especially those living alone or who have serious illnesses to make sure they are safe, warm and well

Get moving when it snows

- If you live on or near a hill, now is the time to buy your own supply of salt from local garden centres or builders' merchants
- Where council salt bins are provided the salt is only intended to be used on the nearby public roads and footpaths
- Don't forget to buy a snow shovel and to use it before any snowfall compacts
- There's no reason for you not to clear snow and ice from the pavement outside your home or from public spaces. Doing so will help you and your neighbours.

Get financial support

- There are grants, benefits and sources of advice to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to before winter sets in.