

# Advice on keeping warm

## Top 10 tips to keep snug, warm and well this winter

1. Don't let the cold catch you out - check the weather forecast and be ready for cold weather.
2. Hot meals will keep you snug and warm so make sure you have food in the house. Tinned, dried and frozen foods are great as they will keep fresh.
3. Have plenty of hot drinks like tea, coffee or hot water as this will help to keep you warm. Just boil the amount of water you need each time and this will save you money too!
4. Make sure you have enough of your prescription medicines. If the weather turns bad you may not be able to collect or have your medicines delivered, check the forecasts and make sure you have enough in stock.
5. The flu is much more serious than a cold; it often leads to a hospital stay and can be fatal. Keep yourself safe and make sure you have your flu jab. People over 65 or people with existing medical conditions, get this for free so make sure you get yours.
6. Make sure you can check the temperature in your living room and bedroom. If possible have a simple thermometer or set your heating controls to the right temperature. Ask someone for help if you cannot work your heating controls properly.

### FACT

*To keep warm and well the room where you sit should be 21C and your bedroom should be 18C.*

7. Wear a few layers of thin clothing rather than 1 thick layer; this will trap the heat better to keep you warm. Socks and hats are great too and are a good idea to keep you warm in bed.
8. Cover yourself with a blanket or shawl if you are sitting for long periods, this will help keep you warm and put your feet up if you can; the air is colder near the floor.
9. Tuck curtains behind radiators, this will keep the heat in the room
10. Keep moving if you can, this will help keep you warm. Try not to sit for more than 1 hour – get up and walk around, make a hot drink and spread housework throughout the day. If walking is a problem try moving your arms and legs whilst sitting or wiggling your fingers and toes.