

- ### Stay warm...
- try to heat your main living area to around 18-21°C, and the rest of the house to at least 16°C
 - try to keep your overnight bedroom temperature above 18°C
 - see if you qualify for an insulation grant
 - check you are on the right energy tariff
 - keep a supply of blankets handy in case the heating fails



- ### Stay healthy...
- have a flu jab
 - keep a stock of your prescription drugs and other medicine
 - eat well - have hot meals and drinks regularly throughout the day to keep your body warm
 - stock up on essential food items - including non cook foods and long life milk
 - keep a supply of water in case pipes freeze
 - stay active and keep moving - any activity will help keep you warm, even if its just wiggling your fingers and toes



- ### Be prepared...
- learn how to shut off water valves - in case of bursts
 - buy a wind up torch and radio in case of a power cut
 - keep a stock of matches, lighters and candles
 - make sure your first aid kit is up to date
 - plan where to park your car in bad weather
 - get a supply of table salt or cat litter to use to melt ice
 - buy a snow shovel



- ### Out about...
- only venture outside if absolutely necessary, but if you do need to go out make sure you wear:
 - several layers of loose fitting clothing
 - a hat and mittens or gloves
 - water resistant coat
 - boots or shoes with a good grip
 - warm socks



- ### Store cupboard
- Keep a supply of household products and foods including:
 - bottled water
 - toilet rolls, toothpaste, washing products
 - long life or powdered milk
 - tinned fruit and vegetables
 - tins of soup, baked beans
 - pasta, rice, crackers, oatcakes, porridge
 - tea, coffee
 - packet soups and instant mash
 - tinned meat and fish
 - if you have a freezer - keep bread, ready meals and frozen fruit and vegetables

Useful tips



- Keep your radio tuned into the local radio station for travel and weather updates.
- Keep a note of your utilities information in a safe place - gas, electric, oil, coal and water. Account details and telephone numbers can be found on your bill.

