

KEEP WARM AT HOME THIS WINTER

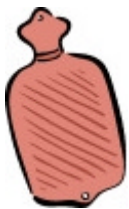
During the day:

- set your thermostat at around **21°C (70°F)** and heat all the rooms you use in the day
 - if you can't heat all your rooms make sure you keep your **living room** warm throughout the day and heat your **bedroom** before going to bed
 - set the timer on your heating to come on before you get up and switch off when you go to bed
- in very cold weather, rather than turn the thermostat up, **set the heating to come on earlier** so you won't be cold while you wait for your home to heat up



During the night:

- try to keep a temperature of above **18°C (65°F)** in your bedroom overnight
- if you use a fire or heater in your bedroom during winter, open the window or door a little at night for ventilation
- an **electric blanket** or a **hot water bottle** will help you keep warm but never use them together as you could electrocute yourself
- if you have an electric blanket, **check what type it is** – some are designed only to warm the bed before you get in and should not to be used throughout the night
- if you use an electric blanket make sure it is safe to use by **getting it tested every three years**. **The Fire Brigade, Trading Standards** and **Age Concern** can test your electric blanket for safety



Dress well

- wear **plenty of thin layers**, rather than one thick one
- put on a **coat, hat, scarf, gloves** and **warm shoes or boots** when you go outside
- wear clothes made of **wool, cotton**, or **fleecy synthetic fibres**
- stay warm in bed with **bed socks, thermal underwear** and a **nightcap** or **headscarf**



Reduce your energy bills

By following some simple energy-saving tips, you can reduce your bills:

- **shut outside doors** and **close curtains** at night
- boil **only the water you need** rather than filling the kettle completely
- **let food cool** to room temperature before you put it in the fridge or freezer
- don't leave appliances like televisions in **stand-by mode** as they still use electricity. **Switch them off properly at the on/off switch**

