

# WARM AND WELL IN WARWICKSHIRE

## WINTER WARMTH CHECKLIST



°F	°C		
80	27	TOO HOT	Reduce heat but stay warm Be aware that babies may overheat
75	24	HOT	Turn your heating down to save money
70	21	IDEAL	The minimum comfortable room temperature is 18°
65	18	COMFORTABLE	The optimum room temperature for babies 16-20°
60	15	DISCOMFORT	Increased risk of heart attacks, strokes and falls in vulnerable people
55	12	COLD	Risk of respiratory illness
50	09	TOO COLD	Risk of hypothermia

**FREE ADVICE LINE 0800 988 2881**

# KEEPING YOURSELF WARM AND WELL THIS WINTER

- ❄️ Stay warm - set your thermostat to 18-21 degrees Celsius.
  - ❄️ Make sure that you have received all appropriate vaccinations. Your GP surgery can give you advice on this.
  - ❄️ Make sure you have adequate supplies of medication and groceries in case there is a cold snap.
  - ❄️ Try to have warm drinks and at least one hot meal each day.
  - ❄️ Dress in plenty of layers and make sure slippers, shoes and boots are a snug fit with non-slip soles. When you go outside wear a hat, gloves and scarf.
  - ❄️ Keep active and remove hazards that may cause you to fall.
  - ❄️ Make sure you have an emergency contact number for a friend or neighbour in case you need help.
  - ❄️ Call NHS 111 the free non-emergency number. A highly trained adviser, supported by healthcare professionals will assess your symptoms and direct you to the best medical for you. Available 24 hours a day.
  - ❄️ For health advice on keeping warm visit the NHS website on [www.nhs.uk/winterhealth](http://www.nhs.uk/winterhealth)
  - ❄️ If you have an electric blanket get it tested annually. Sessions are usually hosted by Trading Standards.
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# KEEPING YOUR HOME WARM AND REDUCING BILLS

- ❄️ Make sure your loft and cavity walls are insulated (there should be 27cm or 10.5 inches of insulation in the loft) to help keep your home warm and don't forget to fit draught proofing.
  - ❄️ Read your gas and electricity meters and give the reading to your energy supplier. Check your gas and electricity tariffs to see if you could be paying less.
  - ❄️ Sign up to your supplier's Priority Services Register (PSR), to get extra help and support with your energy supply. To sign up you need to be either, a pensioner; disabled or chronically sick; have a hearing or visual impairment.
  - ❄️ Ensure that you switch off appliances and lights that are not in use.
  - ❄️ Get your heating serviced annually by a qualified central heating engineer and have your chimneys swept at least once every year to reduce the risk of chimney fires.
  - ❄️ Ensure that you have smoke alarms and check them regularly.
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# CALL THE WARM AND WELL IN WARWICKSHIRE HELPLINE FOR:

- Energy saving advice
- Fuel bill advice
- Switching support to find the best supplier for you
- Referrals for energy saving measures such as insulation
- Advice on funding support
- Onward referrals for benefit checks



North Warwickshire  
Borough Council



[www.actonenergy.org.uk](http://www.actonenergy.org.uk)

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