



## Top Tips to staying safe this Winter

1. Have some bottled water in the house.
2. Have some long life food in that does not require heating
3. Have some powdered or long life milk in the cupboard
4. Have regular hot drinks
5. Keep active
6. Have you had your electric blanket serviced?
7. Close curtains to keep out the cold
8. Tuck curtain behind the radiators so you do not block out heat from them
9. Keep internal doors closed to keep in the warmth.
10. Remember to ventilate your room during the day to stop condensation leading to mould and damp.
11. Make sure you know how to alter your heating system.
12. Make sure you have a list of essential phone numbers you need next to the phone
13. Have a torch handy with new batteries in it
14. Have some matches handy but safely out of the reach of children.
15. Wear multiple layers of clothing rather than one thick one
16. Watch the local news or listen to the local radio station for updates in severe weather situations
17. Check that any outdoor pets are warm, cosy, fed and watered in bad weather
18. If you are on Facebook, join ENEHL as a friend. You can find information here even if you do not use the rest of the internet.
19. Consider installing a smoke detector
20. Consider buying an electric heater or oil filled radiator, just in case