

Keeping safe in the cold weather



Keep your home warm

- Heat your home to at least 18°C.
- Draw your curtains at dusk to help keep the heat generated inside your room.
- Insulate and draft proof your home.
- Check if there are any grants or benefits available to you to help with bills and/or energy efficiency.

Be prepared!

- If you are not on mains gas or electricity, make sure you have a good supply of heating oil or LPG or solid fuels, so you don't run out of fuel over winter.
- Ensure all heating and cooking appliances are checked by a Gas Safe registered engineer.
- Stock up on tinned and frozen food to avoid going out when it's cold or icy.
- Contact your water and power suppliers to see if you are eligible to be on the Priority Services Register. Please search online: [Get help from your supplier - Priority Services Register | Ofgem](#) or contact your energy supplier.
- The Derbyshire County Council website has lots of [information on welfare rights and benefits](#).

Keep yourself warm

Make sure you are layered up with lots of thin layers of clothing made from wool, cotton, or fleecy material.

Always wear socks and good-fitting slippers with good grip inside and shoes with good grip outside to prevent trips, slips and falls.

If you use an electric blanket- use as instructed. Get it tested for safety every 3 years. Don't use it with a hot water bottle.

Have plenty of hot food and drinks.

Medications

Take up any winter vaccines you are offered if you are able to have them to help you stay well this winter.

Make sure you have plenty of medication in case you are unable to go out.

If you want advice about protecting your health from the cold visit the winter health pages online at;

[How to stay well in winter - NHS \(www.nhs.uk\)](#)

Weather Alerts

Think about signing up to the Met office alerts and watch the weather forecast and prepare for the colder weather.

[Sign up to Met Office Alerts](#)

Keep moving!

Exercising can help you keep warm – If possible, move around at least once an hour.

If you have a health concern, speak to your GP before starting any exercise plans.

Look out for others by checking in on older neighbours or relatives, especially those who live alone or who have serious illness to make sure they are safe, warm, and well.

For more information visit:

www.derbyshire.gov.uk/staywellthiswinter

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