

Embec Care Ltd The Wise Choice Fact sheet

Keeping warm over winter months can help prevent colds, flu or more serious health problems like pneumonia. Find out some simple things you can do to keep warm and stay healthy and make the best use of your heating at home.

Heating your home

To keep warm at home during the day:

- set your thermostat at around 21°C (70°F)
- 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 set the heating to come on earlier, rather than turn the thermostat up, so you won't be cold while you wait for your home to heat up

To keep warm at home during the night you should:

- 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
- never use an electric blanket or a hot water bottle 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
- make sure your electric blanket 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)

Wear something warm

You can help keep warm by:

- wearing plenty of thin layers, rather than one thick one
- putting on a coat, hat, scarf, gloves and warm shoes or boots when you go outside
- wearing clothes made of wool, cotton, or fleecy synthetic fibres
- wearing bed socks, thermal underwear and a nightcap or headscarf at night

You may also be able to claim financial help with heating your home, including:

- Winter Fuel Payment
- Cold Weather Payment
- Energy Rebate scheme
- Warm Front scheme

Who to contact if you need further help

If you are worried about a relative or an elderly neighbour, contact your local council or ring Embec Care Ltd or the Age Concern help line on 0800 00 99 66.