

Preparing for winter:

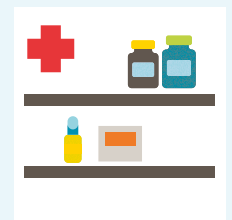
Your checklist



Here are some steps you can take in the run-up to winter to prepare yourself and your home for the colder months:

Looking after yourself

- Get a flu jab in September or October
- Check with your GP to see if you've had the one-off pneumonia vaccine
- Start taking a daily vitamin D supplement from October onwards – check with your GP first
- Order your repeat prescriptions online or ask your local pharmacy if they can deliver prescriptions to your door
- Stock up on frozen, tinned and dried food
- Check if your local council can provide bags of grit or salt for icy paths, or get some from a DIY store
- Buy a pair of water-resistant, non-slip shoes
- Keep some painkillers and cold and flu remedies in your medicine cabinet



Looking after your home

- Arrange to get your boiler serviced in the summer
- Get help to insulate your loft, walls and hot water cylinder before winter. Read our factsheet **Paying for home maintenance and repairs** for more information
- Check your smoke and carbon monoxide alarms are working properly
- Make sure you can access and turn off any stopcocks, in case you need to stop your pipes from freezing and bursting
- Contact your energy supplier and network operator to get on their Priority Services Register
- Check if you can get extra help with heating costs. Call our Helpline on **0800 319 6789** to arrange a benefits check

