

# Staying well during winter:

## Your checklist

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Here are some tips to keep yourself healthy and your home comfortable during the colder months:

### Looking after yourself

- Make a flask so you can have hot drinks throughout the day
- Aim to eat five portions of fruit and vegetables every day
- Keep warm with a blanket or throw when you're sitting down
- Wear several layers of clothing, rather than just one thick layer
- Wrap up with gloves, a hat, a scarf and thick socks when you go outside
- Be active indoors – try to move around every hour or do chair-based exercises
- Stay in touch with people – phone your friends or family for a chat, or get in touch with our Helpline team on **0800 319 6789** about our friendship service
- Keep an eye on the forecast so you know if any cold snaps are coming



### Keeping warm and safe at home

- Draw your curtains before it gets dark to keep heat in
- Check whether it's safe to keep your electric blanket on all night
- Put draught excluders around doors and windows
- Use your timer and thermostat to keep rooms at around 18°C (64°F)
- Keep a list of emergency numbers – such as your GP surgery, pharmacist, utility companies, plumbers and electricians – next to your phone
- Have spare bulbs, batteries, a charged torch and mobile phone at hand, in case of a power cut

