

The following advice can help you keep warm at home:

- the best way to keep warm is by wearing multi-layers of clothing and to wear a hat and gloves, even indoors;
- heat your main living room to around 18-21°C (64-70°F) and the rest of the house to at least 16°C (61°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;
- It is important to make sure your heating is safe and that your house is properly ventilated, to reduce the risk of carbon monoxide poisoning.

If your electric is working:

- 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;
- never use an electric blanket and 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.

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 fibers;
- wearing bed socks and thermal underwear at night.

Eat Well - Food is a source of energy which helps to keep your body warm. Try and make sure you have hot meals and drinks regularly throughout the day.

Information on energy efficiency and ways to save energy can be found [here](#).

You can find information on keeping warm and well and on Cold Weather Payments at the links below;

- [Keeping warm, keeping well](#)
- [Cold Weather Payment](#)

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