

 **Checklist**

Keeping well in winter

Winter may make it more challenging for us to stay well. You can use this list to help you keep well during the colder months.

Staying warm

- Draw your curtains before it gets dark to keep heat in.
- Use an electric blanket or hot water bottle – but never use both at the same time.
- Put draught excluders around doors and windows.
- Use your timer and thermostat to keep rooms that you sit in at around 18°C (64°F).
- If you need to warm up during the day, ask your council if there are any community warm spaces (or 'warm hubs') in your area.

Staying safe

- Keep a list of emergency numbers next to your phone – including phone numbers for your GP surgery, pharmacist, utility companies, plumber and electrician.
- Have spare bulbs, batteries, a charged torch and mobile phone at hand, in case of a power cut.
- Regularly test your smoke and carbon monoxide alarms to make sure they're working.
- Be careful of scammers – they may be more active because we stay inside more in winter. Our **Scamwise** guide has information and tips about how to keep yourself safe from scams. Call our Helpline on **0800 319 6789** to order a free copy.
- Do what you feel you need to do to protect yourself from COVID-19 this winter. You might want to wash your hands more, wear a mask outside or stay at home more. This is your decision to make, and you shouldn't feel pressured to do anything that you feel is risky.



Staying well

- Make a flask so you can have hot drinks throughout the day.
- Make sure you're eating at least one hot meal a day. If you're worried about using energy to heat your food, think about using a microwave or slow cooker.
- Keep taking any medication you've been prescribed.
- Be active indoors – try to move around every hour or do chair-based exercises.
- Stay in touch with people – talk to people close to you for support.



Good to know

Our **Winterwise** guide has more information about ways to keep well this winter. Get your free copy today at independentage.org/get-advice/winter-wise, or call our Helpline on **0800 319 6789**.