

Home Safety: Keeping Warm

- The main living areas in your home i.e. living room and bedroom should be 18-21°C.
- Several thin layers of clothing traps body heat better than 1 thick layer. Wool, cotton or fleecy synthetic materials are warmest.
- Sitting still for long periods makes you feel cooler. Any activity, household chores or arm chair exercises that you can manage will help to improve circulation and will warm you up.
- Try to eat at least one hot meal per day. Drinking hot drinks throughout the day can help keep you warm.
- Keep radiators and heaters free from obstruction and close curtains at night to help retain heat.
- If your boiler is over 15 years old, you may want to upgrade it to a more efficient one. Updating loft and adding cavity wall insulation can help reduce heat loss from the home. Contact the council to check if there is a grant for these measures that you could be eligible for:

T: 028 9034 0160

E: envhealth@antrimandnewtownabbey.gov.uk

Or visit the our website:

www.antrimandnewtownabbey.gov.uk