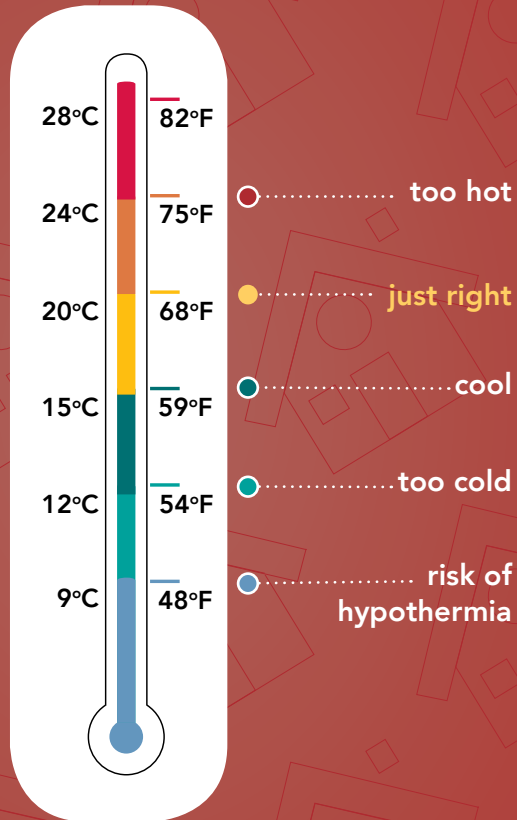


Keep Warm

Knowing the ideal temperature of your home is important when it comes to keeping warm. Keeping warm is one of the best ways of keeping yourself well. It can help prevent colds, flu or more serious health conditions.



While the advice is that people heat their homes to at least 18°C (65°F), some people may need more heat to suit their individual needs.

Here are some signs that your home may not be warm enough:

- Your home feels cold and/or draughty or there are signs of damp
- You are heating only one room
- You may need to wear lots of clothes indoors
- You close the curtains during the day to keep the heat in.

Here are some tips to help you keep warm...

- Let the sunshine in - opening your curtains on a sunny day will let warmth into your house
- When it's colder or the sun goes down, draw your curtains to stop the heat escaping and draughts coming in
- Curtains with thermal linings will also help to keep the heat in
- Try not to block radiators - it reduces the heat they give out
- Wear several thin layers rather than one thick layer - this will trap warm air close to your body
- A variety of foods can give the body energy to keep warm and also give us energy to perform physical activities - so have regular hot meals and drinks throughout the day.

For more information contact:

- **National Energy Action (NEA)** is a national charity which aims to eradicate fuel poverty and campaigns for greater investment in energy efficiency. NEA can advise on energy efficiency and reducing fuel bills and can make referrals to grants for heating and insulation.

Tel: 028 9023 9909. www.nea.org.uk

NEA Northern Ireland, 64-66 Upper Church Lane, Belfast, BT1 4QL

- **Bryson Energy Advice Line** provides advice to householders on saving energy in the home and information on grants for heating and insulation.

Tel: 0800 142 2865. www.brysonenergy.org

Unit 1, Rivers Edge, 13-15 Ravenhill Road, Belfast, BT6 8DN