

Keep Warm This Winter

Before turning on the heater, go through this checklist first!

Windows and Doors

- Install weather strips on windows and doors; OR place a towel in front of draughts
- If it's warmer outside, open doors and windows ... if it's colder, then shut them tight!
- Close your indoor doors to un-used rooms.
- If the sun is shining, open the curtains. Close them once it's gone.

Flooring

- Put down rugs and/or carpets.

Ceiling

- Insulate the ceiling space with batts.
- Put the ceiling fans on reverse.

Get in the Kitchen

- Cook. Stews, roasts, casseroles, soups. Cooking as many meals as you can.
- Leave the oven door open when you've finished cooking to continue warming your kitchen (don't do this if you have children – or do it after they've gone to bed)
- Drink warm beverages ... hot chocolate, tea, coffee, warm milk or even warm water with some lemon to get some warmth into those bones.
- When you boil the jug, fill a hot water bottle at the same time.
- When you microwave food, put the heat pad in as well.

Clothing

- Dress warmly. Beanies, scarves, gloves, slippers. Layers and layers and more layers. If one pair of socks isn't enough, put on another pair!
- Wear a singlet or long sleeved thermal top 24/7.
- Sleep with your socks on.

Home Decor

- Gather all your blankets and leave them in convenient locations
- Flannelette sheets and pillow cases are so much nicer than chilly cotton ones!
- If you are going to turn on the heater ... make sure heat vents, radiators and heaters are free of obstructions ... otherwise that lovely warmth won't reach you.

Move!

- Exercise.
- Housework.
- Go out. Hit the shops, library, gym, indoor heated pool, friends house.

Get Friendly

- Cuddle. Pets, husbands, kids ... anything with some warmth!
- Share your space with others.
- If you have kids, create an indoor cubby house or tent ... all those little bodies in one closed space would be very cosy and warm ... get in and join them!

