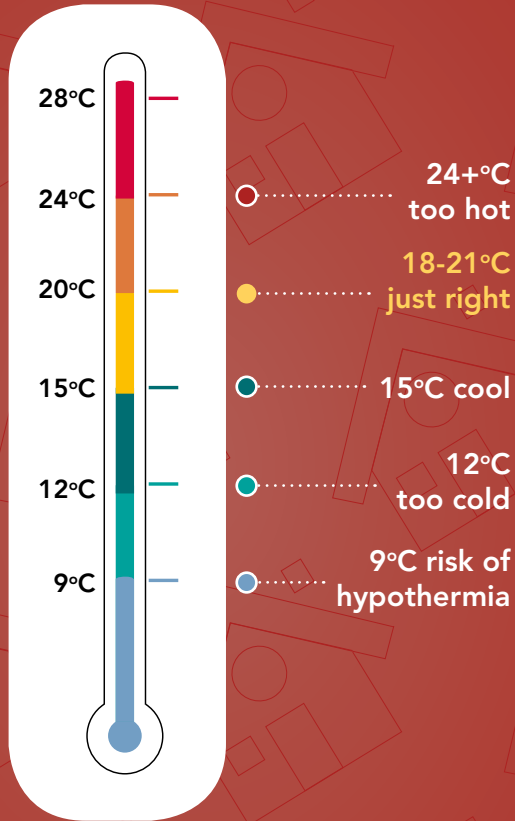


Keep Warm

Knowing the ideal temperature of your home is important when it comes to keeping warm.



The World Health Organisation recommends a temperature of 21°C (70°F) in your living area and 18°C (64°F) in the rest of your home.



**Making life better,
together**
Belfast Strategic Partnership

Focusing on Life Inequalities

Keep warm

Here are some signs that someone may be finding it difficult to heat their home...

- The home feels cold and or draughty
- The home smells of damp or there are signs of damp
- No visible form of heating
- The only heating is electric fires, fan heaters, oil-filled radiators or bottled gas
- Only one room is heated
- Homemade draught-proofing, including blocked/covered ventilators
- The person wears lots of clothes indoors
- Curtains are closed in the day to keep in the heat.

Here are some tips to keep warm...

- Let the sunshine in - on a sunny day opening your curtains will let warmth into your house
- When it's colder or the sun goes down, draw your curtains to stop the heat escaping and the 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
- Your body keeps warm by burning the food you've eaten, so make sure to have regular hot meals and drinks throughout the day and keep active in the home if you can.