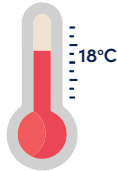


Keeping warm and well this winter

Top tips for keeping warm and keeping well

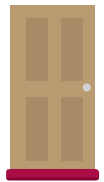
Heat rooms you spend the most time in to at least 18°C.



Don't let your home get cold, but do open windows regularly to prevent damp and mould.



Reduce draughts by closing curtains and using draught excluders.



Eat well and stay hydrated.



Make sure appliances are safe and working well.

(Checked by a Gas Safe registered engineer)



Reduce condensation. Wipe down windows, cook with lids on pans and use extractor fans.



Wear multiple layers of thin clothing and shoes with good grip.



Check the weather forecast and news. Stock up on food and medication before bad weather.



If eligible, get vaccinated for flu and covid-19.



If you're worried about your own or someone else's health, contact your local pharmacist, your GP or NHS 111.

Local support to help you stay well this winter

Winter Warmth Home Service



Free advice to help you stay warm and reduce your energy bills.

South West London Energy Advice Partnership

Call 0800 086 2706 for free, impartial energy advice.



Warm Home Packs

Eligible residents can get a free pack to help save up to £200 a year on energy bills.



Community spaces

Find warm, welcoming places for support and company.



Details of all services are available on the website.



Winter advice and local services
www.richmond.gov.uk/winter_weather



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RICHMOND UPON THAMES