

6 ways to stay warm this winter

Heating your home and keeping yourself warm are both important factors in staying healthy. Follow these simple tips to a warmer, healthier winter:

Wear layers - wearing several layers rather than one chunky layer and wearing clothes made from cotton, wool or fleecy fibres helps maintain body heat

Use duvets and blankets - these can come in useful to keep warm if your heating stops working or your power supplies are interrupted

Seal any gaps - fit draft proofing around windows and doors

Insulate - make sure your loft, cavity walls and your hot water cylinder and pipes are insulated

Draw your curtains - do this at dusk to help keep heat inside your rooms

Do not obstruct your radiators - Make sure they are not blocked by furniture or curtains

www.gov.im/winterhealth

