

Staying warm during the severe cold

The following is Government guidance on staying warm during very cold weather

Heating your home

To keep warm at home during the day try to:

- Heat your main living room to around 18-21°C (64-70°F) and the rest of the house at least 16°C (61°F).
- Heat all the rooms you use in the day.
- Make sure you keep your living room warm throughout the day and heat your bedroom before going to bed.
- Set the timer on your heating to come on before you get up and switch off when you go to bed.
- In very cold weather set the heating to come on earlier, rather than turn the thermostat up, so you won't be cold while you wait for your home to heat up.

To keep warm at home during the night you should:

- Try to keep the temperature above 18°C (65°F) in your bedroom overnight.
- Open the window or door a little at night for ventilation if you use a fire or heater in your bedroom during winter.
- Never use an electric blanket and a hot water bottle together as you could electrocute yourself.
- Check what type of electric blanket you have – some are designed only to warm the bed before you get in and should not to be used throughout the night.
- Make sure your electric blanket is safe to use by getting it tested every three years - the Fire Brigade, Trading Standards and Age UK can test your electric blanket for safety.

Financial help for heating your home

You may also be able to claim financial help with heating your home, including:

- Winter Fuel Payment
- Cold Weather Payment
- Heating Rebate scheme
- Warm Front scheme
- Read '[Help with heating your home](#)' to find out if you are eligible.

Wearing warm clothes

You can help keep warm by:

- Wearing plenty of thin layers, rather than one thick one.
- Putting on a coat, hat, scarf, gloves and warm shoes or boots when you go outside.
- Wearing clothes made of wool, cotton, or fleecy synthetic fibres.
- Wearing bed socks and thermal underwear at night.