



## **Warm Tips for Cold Weather**

**When the winter season is here we are most likely to catch the flu or even pneumonia. It is important that we know how to stay warm. Listed below are some tips that will help you keep warm over the winter season.**

- Have a licensed contractor check your heating facilities before the start of the winter season
- To prevent loss of heat seal all cracks where air and wind can enter your home
- Install weather stripping on doors and windows that have gaps
- Keep your home temperature set on at least 65 Degrees F.
- Set your thermostat to come on before you get up and off when you go to bed
- Ceiling fans can circulate hot air that is at the top of the room. Ceiling fans can also reduce condensation on windows and glass doors
- If you do not have thermal pane windows make sure storm windows and doors are installed
- Wrap plumbing pipes with foam insulation to prevent them from freezing
- Close all curtains at night and make sure all outside storm doors are shut
- Stay warm in bed by wearing bed socks and thermal underwear
- Wear several layers of thin clothing instead of one thick layer
- Eat plenty of hot foods like soup and hot drinks throughout the day to help maintain your body temperature
- Remember insulating your home during the winter season can keep you warm and cut down your heating cost

