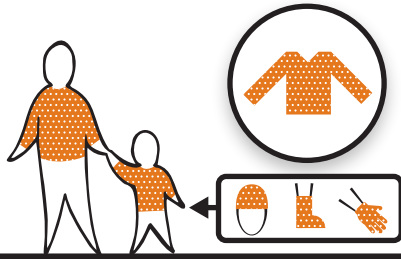


How to **KEEP WARM** in Winter

PRIORITIES

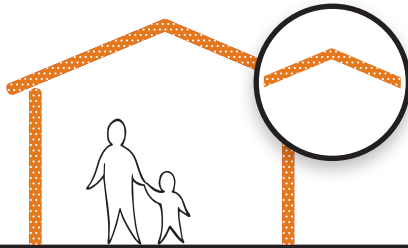
1



Clothing

Purchase warm clothing for every member of your family. It's their best defence against the cold.

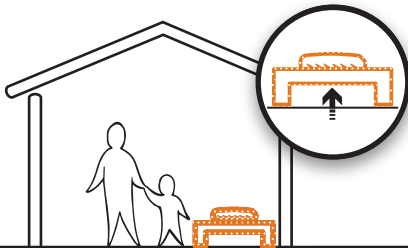
2



Cover

Find a suitable shelter to protect you from winter weather.

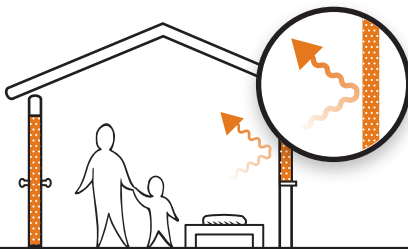
3



Beds & Bedding

Use mattresses and blankets to keep warm at night. Raise your bed off the floor to prevent heat loss into the ground.

4



Draftproofing

Keep out the cold by draft proofing occupied rooms in your shelter. Fill gaps and cracks in walls and around the windows and doors. Insulate windows by fixing a clear plastic sheet either inside or outside.

5



Heating

Heat occupied rooms with a suitable heater. If using gas and solid fuel heaters, protect your children: make sure there is a 10x10cm ventilation opening (in the shelter) to prevent carbon monoxide poisoning.

⚠️ REMEMBER TO KEEP ROOM VENTILATED

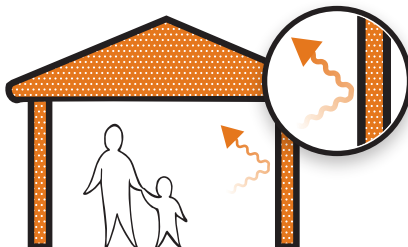
6



Insulated Floor

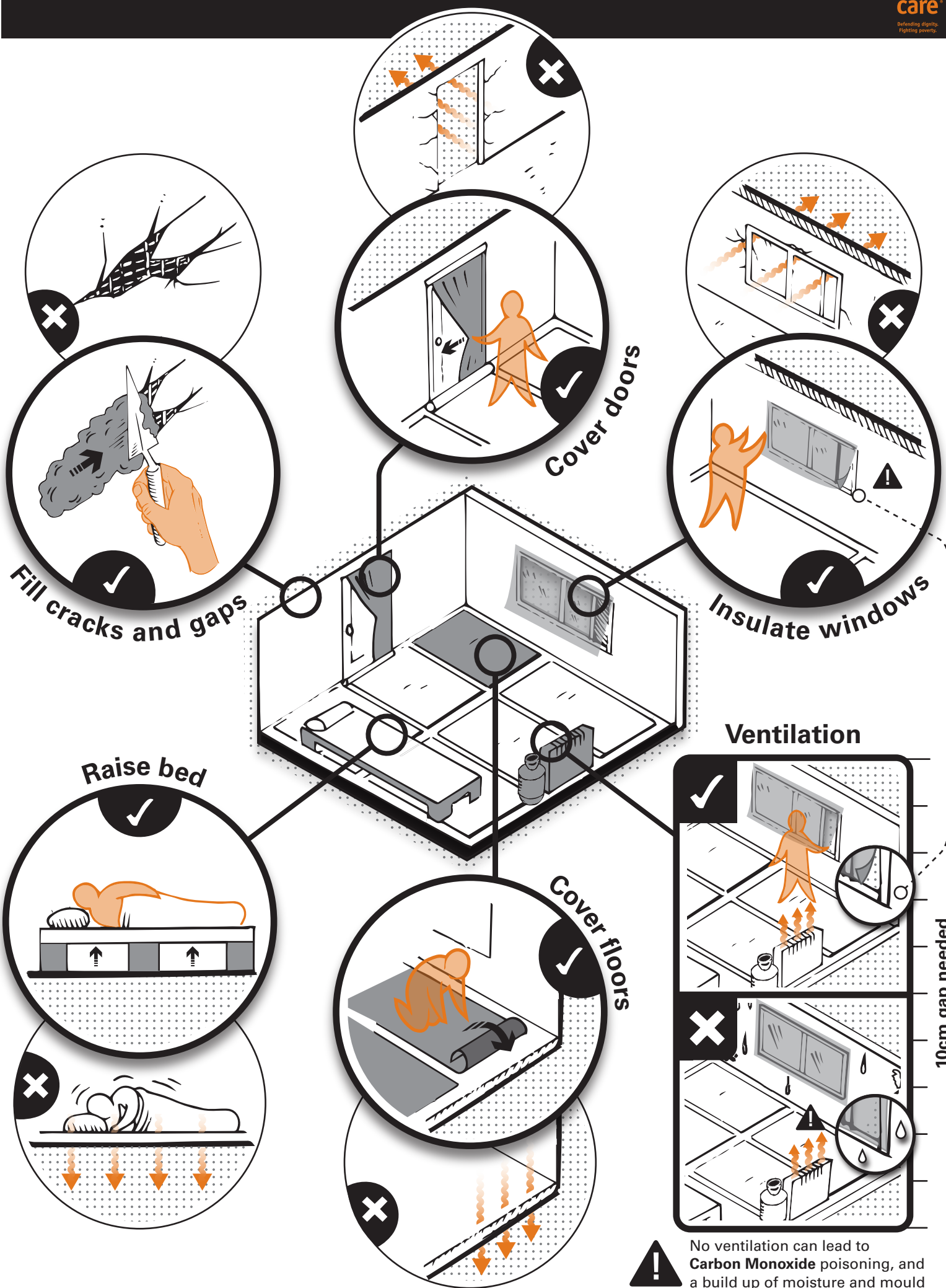
Use rugs, mats and blankets to insulate the floor to prevent rising cold and heat loss.

7



Insulated Roof & Walls

Consider insulating the walls and roof of your shelter to prevent heat loss.



! No ventilation can lead to **Carbon Monoxide** poisoning, and a build up of moisture and mould