HEATING OFF

When the heating's off

Work down the list as the house cools. Tick as you go.

105 **Power cut**
Free, in Great Britain. NI: 03457 643 643.

999 **Signs of hypothermia**
Or go to A&E. Don't drive yourself.

- [ ] 01 **One room picked, doors shut**
The smallest, with the fewest outside walls.
- [ ] 02 **Curtains drawn at dusk**
And a towel along the bottom of the door.
- [ ] 03 **Everyone in layers and hats**
Blankets over laps and shoulders.
- [ ] 04 **Flask and bottles filled**
Hot, rather than freshly boiled, for bottles.
- [ ] 05 **Hot water bottles in covers**
Never straight against the skin.
- [ ] 06 **Electric blanket used safely**
No hot water bottle in the same bed.
- [ ] 07 **No barbecue or stove indoors**
They give off carbon monoxide.
- [ ] 08 **Carbon monoxide alarm tested**
It needs a battery to work in a cut.
- [ ] 09 **Neighbours checked on**
Older people living alone first.

> **No barbecue or stove indoors for heat.** Carbon monoxide has no smell. Feel unwell? Get outside and call 111.

OUR WARM ROOM

HOW TO RESET OUR BOILER

OIL OR LPG SUPPLIER

NEIGHBOURS TO CHECK ON