

## Chilly Days and Chilly Nights



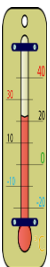
Age UK want to raise awareness to help keep older people warm and well this winter. Each winter, one person dies every seven minutes from the cold weather.

As the evenings are getting darker and winter is drawing in, remember to keep your windows closed or slightly ajar especially at night, as the temperature drops, breathing in cold air lowers body temperature and raises the risk of chest infections.



Cold weather causes a massive increase in health problems. It is important to keep warm as you are at risk of a heart attack or a stroke or even hypothermia if you're exposed to a cold environment for a long time, or to extreme cold for only a short time.

When you are home stay active try not to sit still for more than 30 minutes, if you can get up walk around or make a hot drink. If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level. Draw your curtains as soon as it gets dark, to stop the heat escaping and the draughts coming in.



**The ideal setting on your thermostat for your bedroom is 18**

**The ideal temperature for your living room is 21.**

**For further information, please ask for our 'Winter wrapped up' booklet**

When you go out in the cold weather even for short intervals you should always wear gloves, a hat and a scarf. Several thin layers of clothing will keep you warmer than one thick layer, as the layers will trap warm air.



It is important to eat well, especially in the winter. Have at least one hot meal a day and have regular hot drinks, as they help keep you warm. Stock up on basic food items in case of a cold snap. For ideas of meals to cook see our, **'Recipes for a warmer winter' booklet.**

Millions of people are facing later life alone, Age UK Croydon offer a befriender service. If you or someone you know would like to be befriended and like more information please call: **020 8686 0066**