

# Preparing for winter:

## Your checklist

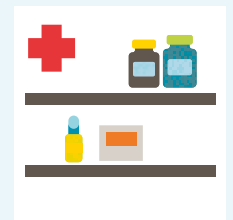
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Here are some steps you can take in the run-up to winter to prepare yourself and your home for the colder months:

### Looking after yourself

- Get a flu jab in September or October
- Check if you've had the one-off pneumo jab
- Start taking a daily vitamin D supplement from October onwards – check with your GP first
- Order your repeat prescriptions online or ask your local pharmacy if it can deliver prescriptions to your door
- Stock up on frozen, tinned and dried food
- Get some grit or salt for icy paths
- Buy a pair of water-resistant, non-slip shoes
- Keep some painkillers and cold and flu remedies in your medicine cabinet



### Looking after your home

- Arrange to get your boiler serviced in the summer
- Get help to insulate your loft, walls and hot water cylinder
- Check your smoke and carbon monoxide alarms
- Make sure you can access and turn off any stopcocks, in case you need to stop your pipes from freezing and bursting
- Contact your energy supplier and network operator to get on their Priority Services Register
- Check if you can get extra help with heating costs, such as Winter Fuel Payment and Warm Home Discount. Call our Helpline on **0800 319 6789** to arrange a benefits check

