

## Your Winter Preparation Checklist

### House Maintenance

- Check the exterior for home for loose tiles or cracks in the wall which need to be fixed
- Clear gutters and drainpipes of leaves and debris to prevent blockage
- Check your heating system is in full working order
- Cover any outdoor furniture such as tables and barbeques to stop rust over winter
- Check if your windows need to be resealed
- Check your smoke/fire alarm is in working order and has fresh batteries

### Health

- Get your flu vaccination – you may be eligible for a free jab
- Eat healthily and ensure you have plenty vegetables in your diet
- Keep active and move around the home
- Stay in contact with loved ones and vulnerable people – not only will you be reassured they are all safe, but it will also prevent social isolation and the ‘winter blues’
- Wrap up warm, especially when you are going out. Make sure you have a winter coat, hat, scarf and gloves
- Keep important numbers to hand, such as your doctor's surgery, pharmacy, neighbours, and repair services

### Driving

- Top-up the water in your window wipers
- Ensure there are supplies in the boot of your car in case of a break-down or accident (e.g. blanket, first aid kit, bottle of water, torch)
- Buy de-icer and a good quality scraper in case the weather become icy. Give yourself time before a journey to fully clean ice and snow off your car
- Check tyre pressure. Depending on where you live, you may need to change to winter tyres
- Check (and replace if needed) the antifreeze in the car's engine This stops the water in the engine's cooling system from freezing

### Stock up and Have Handy

- Cold and flu-medicines
- Long-life food
- Candles and torches in case of a power cut
- Well-stocked First Aid Kit
- Blankets and warm clothing
- A snow shovel and/or de-icing salt in case the snow and ice
- Shoes with good grip
- If you have a fireplace, stock up on plenty of wood/coal