

# Protect your property this winter

## Regular maintenance

- Ensure heating systems receive regular maintenance
- Check and ensure all at risk water pipes and taps are properly lagged
- Check for leaks and drips especially from overflows
- Ensure you are familiar with the location of stopcocks for your property including external buildings

## Unattended property

- Ensure heating system thermostats are working and remain on at around 10°C during the day or that there are sufficient levels of Oil/LPG in the tanks to fuel the heating system
- Turn off the water supply at the stopcocks and at any external isolation valves to other external buildings
- Open hatches to loft spaces to allow warmer air to circulate
- If the property is going to be unattended for a longer period, open taps in toilets and kitchens to drain water from pipes

## On your return to the building

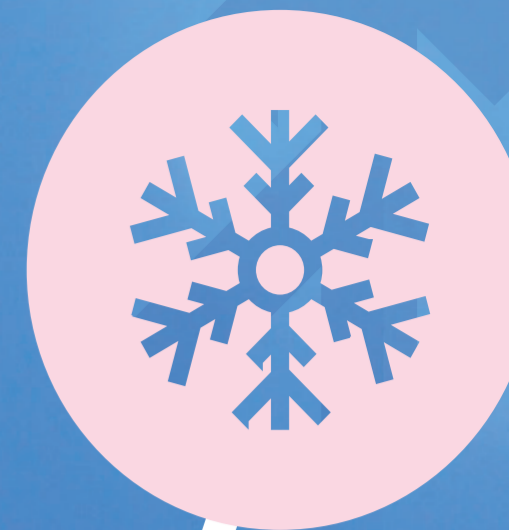
- Keep water supplies turned off until temperatures are at normal levels and check for leakage as pipes warm up
- Close all taps and open the stopcocks and check for leaks

## In the event of an emergency

- If a pipe had fractured, do not turn the water supply back on and contact a plumber. Use local newspapers, yellow pages, the internet or personal recommendations for contact details.

## Grit stock (premises only)

- If you are responsible for premises such as schools or care homes, please ensure that you order your salt-grit stock in early to help with your exterior environment clear of snow and ice.



# Keep warm and well this winter - preventing hypothermia

## What is Hypothermia?

Hypothermia is a dangerous drop in body temperature below 35°C (95°F). Normal body temperature is around 37°C (98.6°F).

Hypothermia can be serious if not treated quickly. You should call 999 and give first aid if you notice signs of hypothermia.

## Who's at risk?

Some groups of people are more vulnerable to hypothermia.

- They include:
  - babies and children – they lose heat faster than adults
  - older people who are inactive and don't eat well
  - heavy alcohol and drug users – their bodies lose heat faster

Check in on elderly neighbours regularly during cold weather to make sure their home is warm.

The government offers a winter fuel payment for older people to help them pay their heating bills.

## Symptoms of hypothermia

Early signs of hypothermia include:

- shivering
  - cold and pale skin
  - slurred speech
  - fast breathing
  - tiredness
  - confusion
- If their temperature drops to 32°C or lower, they'll usually stop shivering completely and may pass out.
  - This is a sign that their condition is getting worse and emergency medical help is needed.

## Hypothermia in babies

- Babies with hypothermia may look healthy, but their skin will feel cold. They may also be limp, unusually quiet and refuse to feed.

**STAYWELL  
THISWINTER**

 **Leicestershire  
County Council**

