

# Keep warm, keep well!!

## Tips to help you during the winter

### Stay healthy

- Keeping warm can help prevent colds, flu or more serious health conditions such as pneumonia.
- Add to your food intake hot drinks and soup.



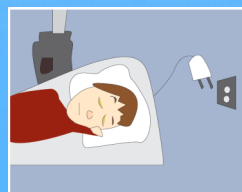
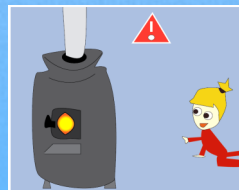
### Wear warm clothes

- Wrap up warm, inside and out. Layer your clothing to stay warm and wear shoes at all times. Multiple layers keep you warmer.
- Make sure to wear dry socks and wear a hat when you sleep. A lot of your body heat is lost through your head so just by wearing a knit hat, you can keep a lot of that body heat in you.



### Preventing Fire

- Turn heater or stove off when you go to bed if you have it. If it is too cold, you should always be cautious and keep an eye on the heater.
- Heaters/stoves should be kept away from children reach, and away from flammable objects.
- Avoid leaving electrical items plugged on before you go to sleep.

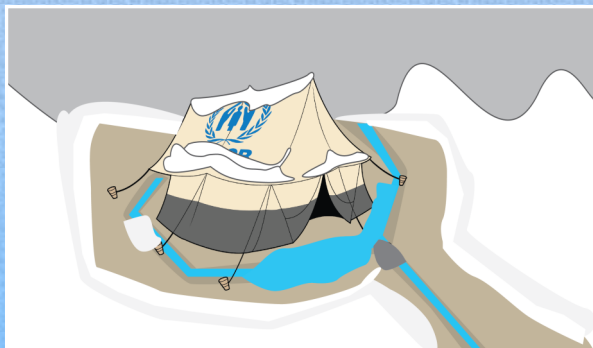
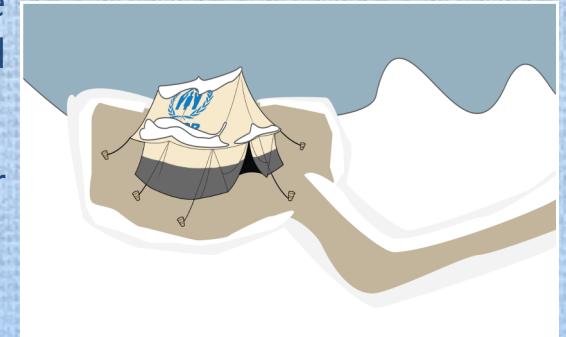


### Help your neighbors in winter

- Check on older neighbors or relatives to make sure they're safe and well. Make sure they're warm enough, especially at night.

## Have a safe shelter

- Keep snow removed from shelter roofs in order to prevent the collapse of the structure. This should be done before the snow freezes and becomes heavy and difficult to move.
- Remove snow from around the edges of the shelter so it does not melt and water run inside the shelter.
- Timber structure should be checked often. Clean, replace or reinforce the timber structure that are decaying as they weaken the shelter.



- Clear all thoroughfares of snow so that when it freezes there will not be ice on the walkways.
- Dig channels around the shelters to carry away the rain and melt water to an existing drain or low point, away from other shelters.
- Do not dump snow into drainage channels. Blockages should be removed to allow the free passage of melt water. Any obstructions in drainage channels need to be removed now before a major thaw.

- Unprotected boreholes and wells need to be protected with sandbags or material to prevent the flow of surface water into the water source.
- Latrine soak pits and septic tanks should be protected by sandbags, but as a minimum, channels should divert overflow away from any shelter locations.

