



如何減少您的電煤費用：

- 用絨縫窗簾遮住通風的窗戶。
- 將您的起居區調至到 21°C 和在少用的其餘地方調至到 18°C。
- 將您的暖氣設置為在您起床前開啟並在您上床睡覺後關閉。
- 將熱水溫度設置為 60 攝氏度。
- 不使用時關閉插座上的任何電器。

保持溫暖：

- 穿上很多薄層來保暖，以吸收身體熱量。
- 定期吃由水果和蔬菜製成的熱餐，例如熱湯或熱食。
- 嘗試全天的飲用熱飲
- 如果可以的話，每小時至少走動一次，讓身體暖和起來。
- 在床上放一個熱水袋。





# Winter Survival Tips

## Reduce your fuel bills

- use quilted curtains to cover draughty windows
- heat your living area to 21°C and 18°C for the rest of your home.
- set your heating to come on just before you get up and switch off after you've gone to bed
- Set hot water temperature to 60C.
- switch off any appliances at the socket when not in use

## Keeping yourself warm:

- wrap up warm by wearing lots of thin layers to trap your body heat
- eat regular hot meal made up of fruit and vegetables such as soup or stews
- try to consume hot drinks throughout the day
- if you are able to, try to move around at least once an hour to warm your body up
- Put a hot water bottle in your bed.

