



## Heat the human not the home

Save energy and stay warm with thermals, electric blankets & more

USB gloves	Plug into USB	£5	Less than 1p	5p (3)
Heated insoles	Plug into USB	£8	Less than 1p	5p (3)
USB hand warmers	Plug into USB	£9	Less than 1p	5p (3)
Electric gilet	Charge via USB	£50 (including battery pack)	Less than 1p	5p (3)
Microwaveable wheat bag	Microwave for 60 seconds (4)	£4	Less than 1p	22p
Hot water bottle (1.5L)	Boil water in kettle (5)	£5.50	7p (6)	£1 (7)
Reusable hand warmers	Boil in water on hob	£5 for a pair	Less than 41p	£4.43 (electric)
Electric heat pad	Plug into mains	£15	3p	£1.47
Electric footwarmer	Plug into mains	£25	3p	£1.47
Electric blanket (single)	Plug into mains	£18	3p	£1.47

(1) Based on the price guarantee rate from 1 Oct (34p) for each kwh on the energy price cap. (2) Based on seven hours use per day. (3) Based on charging five hours per day. (4) Stays warm for approximately 20-40 minutes. (5) Leave to cool slightly to avoid damaging rubber. (6) Using a 3000W kettle, 1.7L capacity, taking four minutes to boil. (7) Based on filling twice a day. Correct as of October 2022.

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- **Keep yourself and your home healthy** – check you are getting all the help you are entitled to
- **Layer clothes to keep in heat**
- **Eat regularly and have at least one hot meal a day**
- **Keep your feet warm with rugs and slippers** – choose right socks/put feet up (floor is coldest part of the house)
- **Try hot water bottle in sleeping bag trick**
- **Warm up by moving around**
- **Visit a friend or a ‘warm space’**