

Keeping Warm in an Unheated House During an Emergency

If you have experienced a loss of power during a time of year when you require the use of your heating system, the following tips will help you and your family stay warm in an unheated home:

Keeping Warm:

- Dress warmly, and in layers, cover all body parts (wear socks, shoes/slippers, hats, gloves)
- Keep active and busy to keep yourself warm
- Bundle up more at night as your body temperature can drop
- Use extra blankets and stay in one room with the doors closed, choose a room on the warm side of the house away from prevailing winds
- Family members can share a common bed to keep warm
- Filling a hot water bottle and placing between the sheets can warm up the bedding (remove before sleeping to prevent burns)
- Consume warm drinks and soups, and foods high in carbohydrates (carbohydrates create heat as your body burns them up)
- Avoid drinking alcohol as it cools your body temperature
- Check the very young and elderly for signs of hypothermia (usually begins with confusion, fatigue, behavioural changes, shivering and quick breathing, can progress to a life threatening condition)

Keeping Babies Warm:

- Dress your baby in layers (diaper, undershirt, sleeper, blanket or light bunting bag)
- Keep a hat on their head
- Keep your baby close as your body heat can help keep them warm
- Never let a baby sleep on a water bed (risk of suffocation)
- Do not bathe baby (use wet wipes or a washcloth if necessary)
- If you are to be without heat for a prolonged period of time consider staying at a shelter or someone's home equipped with heat.

Safety Tips:

- Do not use a gas oven for heating
- Do not use an outdoor barbeque or charcoal indoors
- Portable heaters other than electric ones must be cross ventilated and used with extreme caution. In order to prevent carbon monoxide poisoning, open a window about 2.5 cm (1 inch) on each side of the room to allow fresh air in.
- Keep everyone clear of any open flames
- Have a battery operated smoke and carbon monoxide detector in the room you are using.
- Have some fire fighting materials close by ie. fire extinguisher, bucket of water, or sand, baking soda