

Call Northern Kentucky
Community Action
Commission for more
energy saving tips:

Boone County
Neighborhood Center
7938 Tanner's Gate
Florence 41042
Phone: 859/586-9250

Grant County
Neighborhood Center
134 North Main Street
Williamstown 41097
Phone: 859/824-4768

Campbell County
Neighborhood Center
437 West 9th Street
Newport 41071
Phone: 859/431-4177

Kenton County
Neighborhood Center
315 E. 15th Street
Covington 41011
Phone: 859/291-8607

Carroll County
Neighborhood Center
1302 Highland Ave
Carrollton 41008
Phone: 502/732-5253

Owen County
Neighborhood Center
109 South Madison
Owenton 40359
Phone: 502/484-2116

Gallatin County
Neighborhood Center
432 W. Main Street
Warsaw 41095
Phone: 859/567-4660

Pendleton County
Neighborhood Center
311 Park Street
Falmouth 41040
Phone: 859/654-4054

www.nkcac.org



Staying Warm

Whether your house is cold because the power is out or it is expensive to heat, there are many ways you can keep warm and keep safe.

Dress warmly. Add layers of clothing and several pairs of socks. Put on winter gear – hats, gloves, and scarves. A hat is a must, as you lose most heat from your head. Several thin layers are warmer than thick clothing.

Use blankets. Wrap them around your body during the day and add extra to the beds at night to keep you warm. Several light blankets keep you warmer than one heavy one. Get your sleeping bag out of your camping gear and use inside. Hot water bottles also add warmth when you are sitting still or sleeping.

Stop all the drafts. Cold leaks in through windows, doors and walls. Hang blankets in doorways and outside walls. Tape plastic sheeting over windows and close curtains at night. Use rolled up rugs, towels or blankets to stop drafts from coming in under doors.

Move around more. Do exercises or dance around to get your blood circulating. Play games that get you up and moving. Even a few minutes every hour or so will help warm you back up.

Create a warm room. Block off a small room, or find the smallest room in your house, and wall it off with thick heavy blankets. It is easier to heat or keep heat in a small area than it is to heat a large house. Close off rooms or floors of your home temporarily to stay warm. If your family stays in one room, everyone's body heat will add up!

Eat. Eating can actually keep you warm, and is very important right before bed. If you eat before sleep, the energy your body uses to digest will keep you warm at night. Snack during the day as well, and drink tea or other hot drinks.

Make a fort. Remember making forts when you were a kid? Those skills can come in handy. Making a blanket fort can keep you warm; and can help you get through until power is turned back on.

Heat with steam. If your stove works, boil water. Steam will add heat and humidity, and make the room feel warmer. Be sure to watch the pot so all the water doesn't boil out. Candles can also add warmth, but use carefully and safely.

Do not use a gas oven to heat the house. Extended use of an open oven in a closed house burns oxygen and creates deadly carbon monoxide.



NORTHERN KENTUCKY
COMMUNITY ACTION
COMMISSION

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