

# Stay Safe and Healthy This Winter with the Low Income Home Energy Assistance Program (LIHEAP)

Administration for Children and Families  
Office of Community Service



The Low Income Home Energy Assistance Program (LIHEAP) helps individuals and families maintain safe and healthy indoor temperatures by providing critical energy assistance services. These services include providing assistance with heating bills, prevention and restoration of heating, weatherization, and repair or replacement of heating equipment. LIHEAP and the safety guidance below can help you and your family stay safe and healthy this winter.

## WHAT IS A SAFE INDOOR TEMPERATURE?

64°F or higher is usually a safe indoor temperature if everyone in the home is healthy. If there are any older adults, babies, children, or anyone who has a chronic illness in the home, you will need to raise the temperature to 68°F to 70°F.



*If you or someone you know needs help with heating bills and maintaining safe indoor temperatures*



Visit:  
[www.energyhelp.us](http://www.energyhelp.us)



National Energy Assistance Referral Hotline  
(866) 674-6327



Email:  
[energyassistance@ncat.org](mailto:energyassistance@ncat.org)

## HOW CAN I AVOID UNSAFE INDOOR HEATING PRACTICES?

*Following the guidance below can help you and your household members stay safe this winter:*

- Avoid using electric space heaters with heating elements that glow and do not have automatic shut-off switches. Keep space heaters away from children, pets, and any flammable materials, like curtains or blankets.
- Never use the stove, generators, gas or charcoal grills, or camp stoves for heating inside your home, basement, garage, or near windows.
- If you use a generator, keep it outside in a spot that is well vented.
- Before you use a kerosene heater, check with your local fire department to be sure they are legal in your area. Be sure you have proper ventilation.
- Use fireplaces or wood stoves, only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the home.
- Prevent carbon monoxide (CO) poisoning by putting up a battery-operated CO detector.
- To detect fires, install smoke detectors and test the alarm monthly.



## ***LIHEAP Crisis Assistance can provide priority assistance to households without, or in danger of being without heating.***

If you have lost, or are about to lose heating, contact your local LIHEAP office immediately. To find your local LIHEAP office, use the search tool for your [state](#), [territory](#), or [tribe](#) on [energyhelp.us](https://energyhelp.us)

### **MAKE SURE YOU KNOW THE SIGNS OF HYPOTHERMIA**

Being in a very cold house can lead to hypothermia--that's what happens when a person's body temperature gets very low. Hypothermia signs for adults are shivering, being very tired, being confused, fumbling hands, memory loss, slurred speech, and drowsiness. An easy way to remember these is the "umbles"-- stumbles, mumbles, fumbles, and grumbles. Hypothermia signs for babies are bright red, cold skin, and very low energy.

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***If you think someone is suffering from the cold, call 911 for emergency help.***

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**For more winter safety information, click on the resources below:**



**[Winter Weather Guidance](#)**



**[Cold Weather Safety for Older Adults](#)**



**[Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety](#)**



**[Keep Your Family, Pets Safe When Using Generators](#)**

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