

# Health Notes...

## Staying Safe and Healthy in Cold Weather



Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead as our cold weather approaches preparing your family, home, and vehicles. Prepare for power outages and outdoor activity. Check on older adults. Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

**Prepare Your Home:** Winterize your home; Check your heating system; inspect and clean fireplaces and chimneys; Install smoke detectors, if you do not have them.

**Prepare Your Vehicle:** Get your vehicle ready for cold weather use before winter arrives:

- Service the Radiator and maintain antifreeze level
- Check your tires' tread for winter driving; replace tires with all-weather or snow tires if needed
- Keep the gas tank full to avoid ice in the tank and fuel lines (Do not let gas tank reach empty!)
- Use a winter time formula in your windshield washer
- Prepare a Winter Emergency Kit to keep in your car — Include your cell phone, portable charger
- Store extra items to stay warm if stranded—i.e. hats, coats, mittens, blankets, sleeping bags. Keep items where you can reach them easily
- Food, water and extra snacks
- Booster cables, flares, tire pump, bag of sand or cat litter for traction, Compass & Maps
- Flashlight, battery powered radio and extra batteries
- First Aid Kit and plastic bags (for sanitation)

### **Prepare For Emergencies**

- Be prepared for Weather related emergencies, including power outages
- Stock nonperishable food that does not need to be cooked or refrigerated. Remember to store some water.
- Ensure your cell phone is fully charged
- Be aware of current forecast for weather conditions
- Up-to-date Emergency Kit containing a flashlight, National Weather Radio, lamps, extra batteries
- First Aid Kit and extra medicine
- Sand or Cat litter for sanding icy walkways
- Protect your family from Carbon Monoxide by keeping grills, camp stoves and generators out of the house, basement and garage. Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds and call 911

**Take Precautions Outdoors:** Outdoor Activities can expose you to several safety hazards, but you can take these steps to prepare for them—

- Wear appropriate clothing, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens, scarves and waterproof boots
- Sand/Cat litter for icy patches
- Work slowly when doing outside chores
- Take a buddy and an Emergency Kit when you are participating in outdoor recreation
- Carry a cellphone