

## **WINTER IS UPON US, STAY SAFE BY FOLLOWING THESE SIMPLE TIPS:**

### **Be Prepared**

Have furnace checked to make sure it is operating safely and efficiently.

Monitor local news and weather reports. Inform others that may not be aware of weather warnings.

Create a cold weather kit for you and your family. In the kit include:

Candles and Matches

Battery operated Radio and Flashlight, with extra batteries.

Cell Phone

Blankets/sleeping bags

Extra clothing

Nonperishable food and Water

Food/water for pets

First aid kit/medication you may take

Tool kit

Check on elderly relatives/neighbors/friends throughout the season, especially during extreme temperature days. Colder temperatures can put the elderly at a higher risk for health problems.

### **Be Safe at Home**

Residential fires are the greatest threat to life during cold outbreaks. Keep all flammable materials such as newspaper or clothing away from portable heaters.

Make sure smoke and carbon monoxide detectors are working properly.

Heat your home with proper devices approved for indoor use. Never use wood-burning or coal burning grills, camp stoves or other outdoor devices for indoors.

Be prepared for power outages that may be due to strong winds or ice. Make sure your winter preparedness kit is ready to go.

### **Be Safe Outdoors**

When going outside, let someone know where you are going and when you expect to be back.

Wear appropriate outdoor clothing. Make sure all exposed skin is covered, including nose, ears, and fingers. Layered clothing is best. Keep young children inside.

Know the symptoms of frostbite and hypothermia.

Frostbite: Can occur in minutes when unprotected skin is exposed to very cold temperatures, causing the skin to look white or grayish yellow in color and feel firm or waxy.

Hypothermia: Is life threatening, and happens when the body temperature drops too low. It causes shivering, drowsiness, clumsiness and confusion. Both Frostbite and Hypothermia require medical attention.

Do Not touch metal surfaces with uncovered hands. Skin can freeze instantly to a surface.

Make sure pets are only outside for a short period of time.

Avoid alcoholic beverages. Alcohol causes the body to lose its heat more quickly, even though it may make you feel warmer.

### **Be Safe When Traveling**

Make a car survival kit. Include blankets/sleeping bags, extra clothes, non-perishable food and water, flashlight, extra batteries, cell phone and charger.

Make sure your gas tank is at least ½ full and that the battery is properly charged.