



Stay Safe & Warm in Winter

The weather may be frightful ...

but these tips can help make your winter delightful!



- Dress in layers, both indoors and outdoors.
- Keep active with indoor activities like mall walking.
- Eat well and stay hydrated.
- Take your vitamins and get your annual flu vaccination.
- Stock up on non-perishable food, medications and necessities.
- Use caution on steps and sidewalks to avoid slipping on ice.
- When working outdoors, sweating can lead to hypothermia.
- Get your furnace checked and serviced by a qualified contractor.
- Find someone to help with snow and ice removal and salting.
- Try a delivery service for your groceries and medications.
- Winterize your home by caulking doors and windows.
- Don't forget to insulate exterior pipes and attics.
- Find your home's water supply shut off and know how to use it.
- Check your vehicle's wipers, tires, lights and fluid levels.
- Maintain a full tank of gas, ice scraper and blanket in your car.
- If you take a trip, travel by daylight and with a partner.
- If you use a space heater, make sure it has three feet of clearance.
- Protect against fire by buying a fire extinguisher.
- The strain of shoveling snow could cause a heart attack.
- Have a cold weather buddy to check in with.