

# Winter Tips For Seniors

- 1 Dress in layers, both indoors and outdoors
- 2 Keep active -make a list of exercises and activities
- 3 Eat well and keep hydrated; stock up on non-perishable foods
- 4 Keep extra medications in the house -make arrangements to have them delivered
- 5 Get annual flu shot -vaccinations are available as single dose
- 6 Winterize your house; insulate pipes near outer walls
- 7 Get your furnace checked every year to make sure it's properly working
- 8 Prepare your vehicle by checking wipers, tires, lights and fluid levels. Maintain at least half tank of gas
- 9 Protect against fires; make sure space heaters are 3 feet away from anything flammable
- 10 **DO NOT** shovel snow or walk in deep snow

For more information on how to stay safe and warm in frigid weather, call  
Division of Senior and Adult Services  
216-420-6700, or visit [www.dsas.cuyahogacounty.us](http://www.dsas.cuyahogacounty.us)

