

The background features several large, overlapping, colorful swirls in shades of purple, green, and blue. Scattered throughout are small, yellow, triangular shapes that resemble sun rays or confetti.

A Safe and Healthy Winter for Seniors

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Public Information
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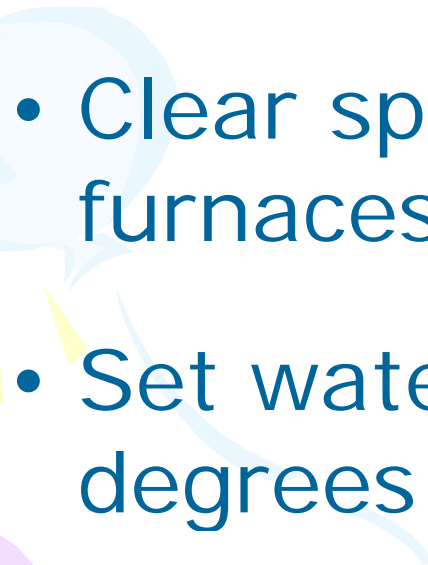

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Are You Winter Fire Safe?

- Check all appliances before using them.
 - Clear space around heating vents, furnaces built-in or space heaters.
 - Set water temperature to 120 degrees or less.
 - Keep long sleeves away from stoves.
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Winter Fire Safety

- Check smoke detector, can you hear it from your bed?
- Do you have a carbon monoxide detector; especially if you have a fireplace, gas furnace or gas-powered heater.
- **NEVER SMOKE IN BED.**






Winter Fire Safety

- Have you had your chimney and flu cleaned and inspected?

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- If using a kerosene heater, make sure a window is open a crack.

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- Make sure space heaters are at least 3 feet away from anything that might catch fire. (curtains, tablecloths, bedding, etc.)

Winter Fire Safety

- Do you have a fire extinguisher? Do you know where it is?
- Don't fight a fire – get out and dial 9-1-1 immediately.
- Make sure you have house keys accessible.
- Do you have an escape plan?
- Have 2 safe and clear ways out of every room in your home. Share these with guests such as grandchildren.





Winter Fire Safety

- Never leave cooking unattended.
- Make sure heater and their cords are not a trip hazard.
- Place screens in front of open fires.
- Place drying clothing away from heaters and fireplaces.
- Clean lint trap in dryer.



Winter Fire Safety



- Don't leave candles unattended.
- Don't overload power points and switch off when not using.
- Try to avoid electric blankets; if you do use one, lay it on bed, turn on for 5 minutes to see if it heat properly.
- Always use certified installers of appliances.

Inside Safety

- Check for slippers for grippers.
- Is your stepstool sturdy?
- Exercise indoors.
- Stay warm inside – keep heat above 65 degrees, dress in layers.
- Make sure you have a battery-operated radio in case of emergencies.
- Sign up for the WE CARE program.

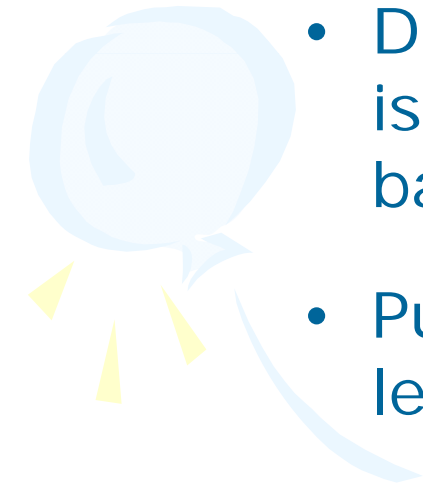




Inside Winter Safety

Stock on light bulbs, use maximum wattage.

- Do you know where your flashlight is? Make sure you have extra batteries.
- Put entryway lights on timers or leave on when you go out.
- Keep in touch with family, friends and neighbors.



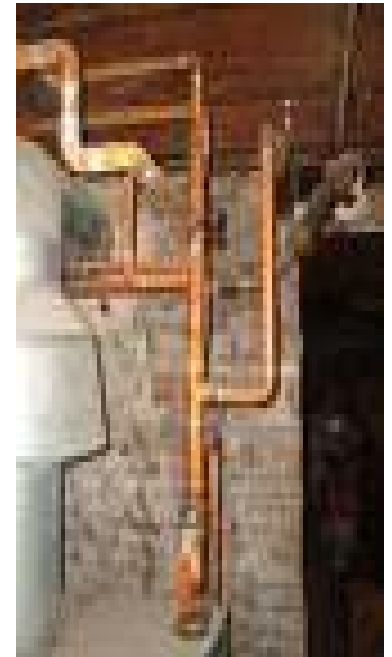
When the Temperature Drops...

- Know where your main water valve is.
- Remove and drain all hoses.
- Turn off outside water lines and open the outside spigots to drain standing water from pipes.



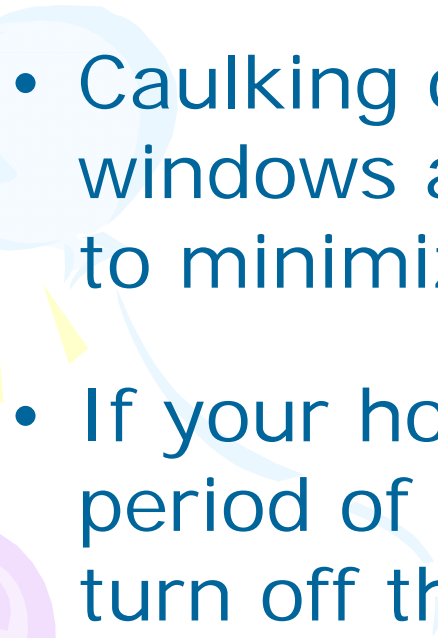

Temperature Drops....

- Wrap outdoor faucets and pipes in with insulating materials.
- Place an insulation jacket around water heater if it is unheated place.
- Wrap electric heat tape around any pipes that have frozen before.
- Find a trusted plumber and electrician; keep their number handy.







Extreme Cold...

- Keep a trickle of water running from the indoor faucet farthest away from your main water pipe.
 - Caulking or plastic sheets can protect windows and keep warm air inside helping to minimize heating bills.
 - If your home is unheated for extended period of time, drain the water pipes and turn off the main water shut-off valve and the water heater.
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Extreme Cold....

- If a water pipe freezes, wrap it in cloth and pour hot water over the cloth until the pipe thaws and water starts flowing again.
 - Once water flows, remove cloth and wrap the pipe with dry insulation.
 - If pipe breaks, close the main water shut-off valve and call plumber.
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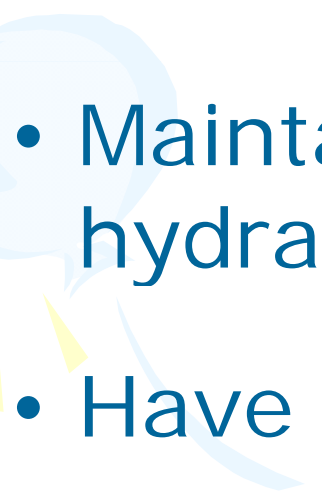



Winter Health & Safety

- Did you get your flu shot? Your pneu shot?
 - Check lighting in house – major contrasts can increase risk of falls.
 - Use night lights.
 - Don't have extension cords lying around.
 - Check rugs; use padding underneath
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Winter Health & Safety



- Have non-skid mats in bathroom.
 - Exercise regularly.
 - Maintain your diet and level of hydration.
 - Have appropriate footwear.
 - Have programmable phone with emergency phone numbers programmed.
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Hypothermia

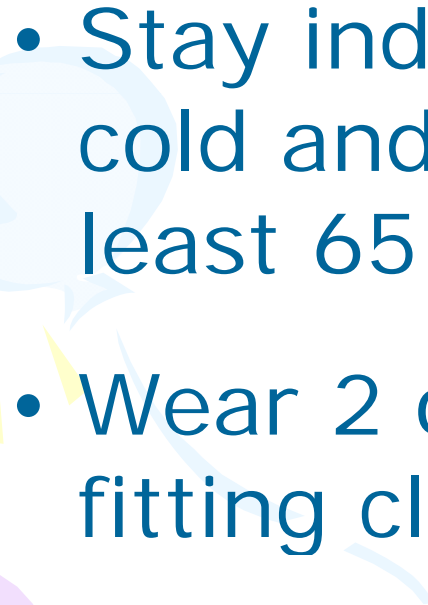

- Older adults produce less body heat. To avoid hypothermia:

Know warning signs:

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- shivering
 - cold skin that is pale or ashy
 - feeling tired and weak
 - problems walking
 - slowed breathing and heart rate
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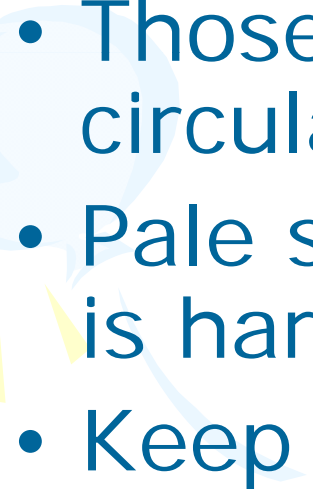



Avoid Hypothermia

- Know signs.
 - Stay indoors when temperature is cold and keep indoor temperature at least 65 degrees.
 - Wear 2 or 3 thin layers of loose-fitting clothing.
 - Stay dry.
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Frostbite

- Usually affects nose, ears, chin, fingers and toes.
 - Those with heart disease and circulation problems more prone.
 - Pale skin or grayish-yellow, skin that is hard or waxy to touch.
 - Keep all parts of body covered outside.
 - If skin turns red or dark or begins to ache, go inside immediately.
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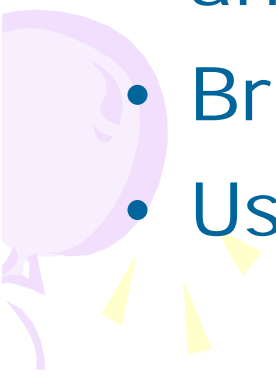
Avoid Outside Falls

- Keeps outside steps clear; use rock salt or cat litter.
- Wear boots with non-skid soles and wide and low heel.
- If you use cane, replace rubber tip if worn smooth. Consider getting ice pick that fits on end of cane.
- Make sure you can see outside (snow, darkness); make sure walkways and entrance and inside entrance well- lit.





Dress for the Cold

- Layered clothes preserves body heat.
 - Long underwear, fleece or wool sweater, wind/water proof coat.
 - Hat, scarf, mittens (warmer than gloves) to prevent heat loss. Make sure mittens have non-slip surface for driving. (You can lose 30-50 percent of body heat through head)
 - Avoid cotton next to skin; it absorbs sweat and stays wet.
 - Bright colors help others see you.
 - Use sunscreen, lip balm and sunglasses.
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Winter Driving

- Make sure your car is winterized.
- Have snow tires or if all season tires, make sure they are inflated and rotated.
- Make sure wiper blades are not worn and windshield fluid full.
- Drive according to road conditions, **OR DON'T DRIVE AT ALL.**
- Let people know you are on way and when you should arrive.





Winter Driving

- If you need to travel in winter, stock your car with emergency supplies:
- NUMBER 1 - CELL PHONE
- First aid kit, blankets
- Extra warm clothes
- Flashlight
- Windshield scraper
- Rock salt, bag of sand
- Shovel
- Booster cables
- Water and dried foods (not salty)

A decorative graphic on the left side of the slide features three balloons: a light green one at the top, a light blue one in the middle, and a light purple one at the bottom. Each balloon has a string and several small yellow triangular flags trailing behind it.

Safe Shoveling

- ONLY IF YOU HAVE TO!!!!
- Don't push yourself.
- Use lightweight shovel to PUSH snow out of way.
- Make small scoops, if necessary.
- Take lots of breaks.
- Best time to shovel is before meals or 2 hours after eating.



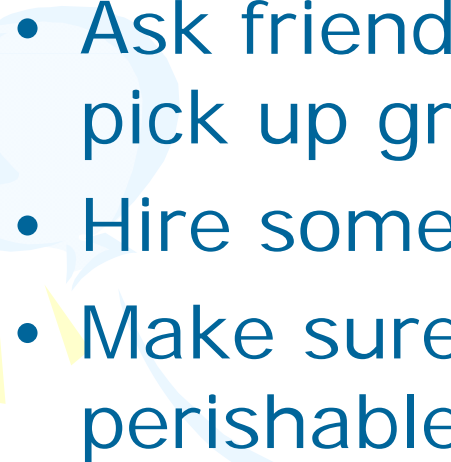



Safe Shoveling

- If you feel pain or heaviness in your chest, feel dizzy, or start sweating heavily or feel faint get medical attention immediately. Keep cell phone in pocket.
- Protect your skin, whenever outside in the cold, with heavier, more protective creams and lotions.
- Make sure you are properly hydrated.



Enjoy the View

- Don't do too much in severe winter weather.
 - Ask friends or neighbors to pick up groceries.
 - Hire someone to shovel.
 - Make sure you have non-perishable food in house.
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A decorative graphic on the left side of the slide features three balloons: a light green one at the top, a light blue one in the middle, and a light purple one at the bottom. Each balloon has a string and several small yellow triangular shapes radiating from it, resembling sunbeams or confetti. The balloons are partially overlapping and positioned to the left of the main text.

Tips for General Safety

- If waiting for the bus, stay alert and pay attention to your surroundings.
- Always meet in public place.
- Trust your instincts.
- Know your neighborhood,
- Stick to well-traveled streets.
- Don't flash around cash.
- Carry purse close to your body.



General Safety...

- Use ATM in daytime.
 - If you think you are being followed, walk towards open , well-lit area. Scream for help if necessary.
 - Keep car locked, windows up, check car before you get in.
 - If you think you are being followed in car, drive to police station, open gas station, convenience store and have police called.
 - If someone tries to rob you, don't resist. Give up property. not your life.
 - Always report crimes to police.
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Enjoy the Winter

- Stay safe
- Stay healthy
- Stay wise
- Stay alert
- **STAY INSIDE**

