



Let's Talk about:

Winter Safety

Hi CCS Community!



I hope you all had a wonderful Thanksgiving weekend and are getting ready for another break in a few weeks! Let me know in the comments if you made any of the Thanksgiving recipes I mentioned in the last post. As we get closer to winter and more snow, I wanted to talk about some winter safety tips. Some of these tips are things I have learned over the years and others I found on the CDC website.

Why is it important to be especially safe in the winter?

All of us have different comfort levels when the weather gets colder

Some of us may be new to the area, while others have been around for a while

It is important to be educated on best practices in the winter to not only keep ourselves safe, but also help our neighbors and friends!

Winter Safety Tips

As we get closer to snow season, it is a good idea to think about getting **snow tires** installed on your car. Your local car repair shop should be able to help you with this!

It is a good idea to **keep your gas tank full** during the winter to prevent ice formation

Preparing for a **winter time emergency** is a great way to always be prepared! To be prepared, keep your car or home stocked with the following items:

Snacks (protein bars, foods that do not go bad quickly like trail mix)

Warm Blanket

Flashlight with Extra Batteries

First Aid Kit with Band-Aids, alcohol wipes, bandages, pain reliever, etc.

Protect yourself from the effects of **Carbon Monoxide**

Carbon Monoxide can be found in grills, camp stoves, generators and car engines

Make sure to keep these items **out of your house, basement and garage**

Be sure to check your carbon monoxide detector to make sure it has batteries and it working properly

Signs of Carbon Monoxide poisoning:

headache

dizziness

weakness

vomiting

chest pain

If you or someone around you is showing any of these signs, **go to the emergency room or call an ambulance immediately**

Taking care of your mental health in the winter is super important as well! The days get colder and the sun sets earlier so it is even more important to get outside for a walk during the day. Make sure to check in on each other, invest in a **sun lamp** and take care of yourself this winter!



Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.