

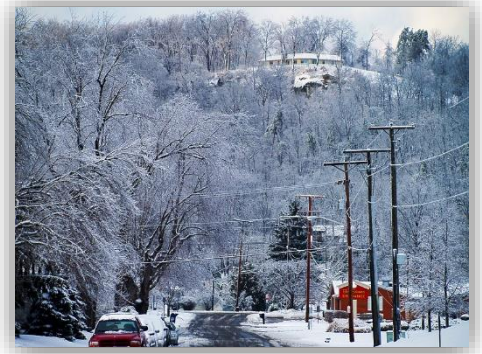
Be Prepared to Stay Safe & Healthy in Winter

Provided by the City of Middletown Health Department

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe & healthy when temperatures start to fall.

Take These Steps for Your Home

- **Winterize your home**
 - ✓ Install weather stripping, insulation & storm windows.
 - ✓ Insulate water lines that run along exterior walls.
 - ✓ Clean out gutters & repair roof leaks.
- **Check your heating systems**
 - ✓ Have your heating system serviced professionally to make sure that it is clean, working properly.
 - ✓ Inspect & clean fireplaces & chimneys.
 - ✓ Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall & spring.



Don't Forget to Prepare Your Car

- Maintain antifreeze level & use wintertime windshield formula washer fluid.
- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.



Be Prepared for Weather-Related Emergencies, Including Power Outages

- Stock food that needs no cooking or refrigeration & water stored in clean containers.
- Keep an up-to-date emergency kit, including:
 - ✓ Cell phone & portable charger & blankets & food & water
 - ✓ Battery-operated devices, such as a flashlight, a weather radio & lamps, extra batteries
 - ✓ First-aid kit & extra medicine



Take These Precautions Outdoors

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; & waterproof boots.
- Work slowly when doing outside chores.
 - Above all, be ready to check on family & neighbors who are especially at risk from cold weather hazards: young children, older adults, & the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter & unfrozen water to drink.
 - No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.