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MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



WINTER SAFETY TIPS

Happy New Year, Morgan County! If you are someone that likes to make New Year resolutions, consider adding emergency preparedness to your list. Emergency preparedness means that you are prepared for when an emergency or disaster strikes. Extreme weather can bring about emergencies. If extreme winter weather such as a winter storm hits our area tomorrow, would you be ready?

According to www.Ready.gov, winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and more. It can also cut off heat, power, and communication sources. Older adults, children, sick individuals and pets are at the greatest risk of being negatively affected by these storms. Ready.gov shares these tips for staying safe this winter:

- Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts on the radio, television, or social media.
- Have emergency supplies in place at home, at work, and in the car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.
- Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies, including medications, in case you need to stay home for several days without power. Have extra batteries for radios and flashlights. Don't forget the needs of your pets.
- Stay off the road during and after a winter storm. If you become trapped in your car, stay inside.
- Use safe heating devices. Don't heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

Now is the time to learn about emergency preparedness, especially when winter weather is imminent. We want you and your family to stay safe and warm during these cold winter months. Follow us on Facebook for more weather safety tips and alerts.