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MCHD HEALTH BLOG

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MORGAN COUNTY HEALTH DEPT.



WINTER SAFETY TIPS

With winter well underway here in Southeast Ohio, it's worth taking a couple minutes to review how you and your loved ones should prepare for this cold season.

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.

It is also important to learn the different winter weather terms. A winter storm watch "alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet." A winter storm warning is "issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring." A winter weather advisory is "issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations." Understanding the differences between a winter storm watch, winter storm warning, and winter weather advisory will help you know what to expect when bad weather comes.

The Morgan County Health Department (MCHD) wants you and your family to stay safe and warm during these cold winter months. Follow us on social media for more weather safety tips and alerts.