

There is a lot to be cautious of as the winter months approach us. Ice, snow, and cold temperatures can make everyday activities more challenging for everyone. It’s important to be extra careful and aware of the many injuries and illnesses associated with cold weather. Here are some tips to help you stay safe and healthy this winter:

1. **Watch for ice:** Ice and snow on the roads and sidewalks can make for dangerous walking conditions. It is important to take careful steps and make sure your shoes have good traction and non-skid soles. If you use a cane, replace the worn tip for better grip. Do your best to avoid going outside until roads and walkways are clear.
2. **Returning home:** Once returning home from walking in the rain, snow, or ice—be sure to remove your shoes immediately. Walking around the home with wet shoes can put you at a very high fall risk.
3. **Avoid carbon monoxide poisoning and fires:** Space heaters and fireplaces may increase the risk of fires and carbon monoxide poisoning. Avoid leaving space heaters and fireplaces unattended or running for a long period of time. It is also important to replace carbon monoxide batteries and smoke alarm alkaline batteries to prevent household fires and carbon monoxide poisoning.
4. **Dress warm:** When staying indoors, dress in layers and make sure temperatures don’t drop too low. When going outside, dress in warm socks, a heavy coat, a hat, gloves, and a scarf. When temperatures get very cold, cover as much exposed skin as possible. Staying warm will help you avoid getting sick including frostbite and hypothermia.
5. **Check your car:** Get your car serviced before it gets too cold and road conditions become more dangerous. Be sure to check the oil, tires, battery, and wipers to make driving on the winter roads safer for you and for others.