



CHATTING ABOUT HEALTH



Are You Prepared for Winter Weather?



Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads.

Learn how to prepare your home and your car before a winter storm hits.



Be sure to create a **communication plan** for your family ahead of time.



Prepare your home

- Weatherproof your home
 - *Insulate, caulk and weatherstrip*
- Have your chimney/flue inspected yearly
- Install smoke and carbon monoxide detectors
- Check the temperature of your home frequently
 - *Older adults are more susceptible to problems related to cold.*

Learn more from CDC

<https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>



Prepare your car



- Have your radiator serviced
- Check antifreeze and windshield washer fluid levels
- Check tire pressure
- Keep the gas tank near full to avoid ice in the fuel lines

When possible, avoid traveling during bad weather.

If you must travel in bad weather, here are some things you should keep in your car:

- cell phone with charger
- extra hats, coats, mittens and blankets
- flashlight with extra batteries
- water and snacks
- first aid kit
- jumper cables
- cat litter/sand/ice melt
- emergency flag or flares
- road maps
- waterproof matches and a can to melt snow for water



Stay Active this Winter

Physical Activity is one of the best things you can do to improve your health.



- Active people generally live longer and are at lower risk for health problems like heart disease, type 2 diabetes, obesity, and some cancers.
- Physical activity can help manage symptoms and complications of some chronic diseases.

Staying active during the winter season can be challenging because of colder temperatures, slippery conditions, and fewer daylight hours.

Here are 6 tips to help you stay active all winter long.

• Take nature walks

- When weather permits, stroll around a safe neighborhood or park.



• Monitor the weather and plan ahead

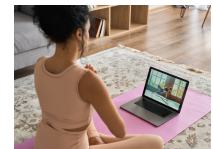
- Follow weather forecasts to plan the best days to be outside

• Wear layers.

- Remove layers as you warm up.



• Find an exercise class on TV or online



• Chores Count!

- Housework like vacuuming, sweeping, and cleaning can all count towards your physical activity goals.



• Volunteer in active ways

Learn more from CDC

<https://www.cdc.gov/nccdphp/dnpao/features/stay-active-this-winter/index.html>



FLU AND COVID-19 VACCINES & BOOSTERS

Visit CDC to learn more about current COVID-19 vaccine recommendations : <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Chatham Health District will be offering flu and COVID-19 vaccines this year.

Visit our website chathamhealth.org to see our clinic schedule

