

## Be prepared for the winter

*Your Safe Harbor for  
Great Healthcare!*



Here are tips to prepare homes for winter:

- Keep the cold out by installing weather stripping and caulking, and insulating walls, doors and windows.
- Prevent pipes from freezing by insulating water lines that run along exterior walls.
- Propane users should lock in a rate now and have a backup heating plan in case of shortages. Backup heating could include a generator, wood stove or fireplace.
- Gas and oil furnaces should be inspected by a qualified professional. The air filter should be changed every two to four months.
- Fireplaces and chimneys should be cleaned and inspected. Local fire departments can provide referrals for inspectors.
- Install battery operated carbon monoxide (CO) detectors near sleeping areas. CO poisoning is more common in the winter months when furnaces are turned on and portable generators are often used for electricity during power outages.
- Prevent ice damage to the roof and gutters by cleaning out the gutters.
- Storm drains along curbs should be cleared to enable water drainage, thereby preventing it from pooling in low-lying areas and in basements.
- Store an emergency kit in the home. It should include water, nonperishable food, a first aid kit, batteries, battery- or hand crank-powered radio, lanterns or flashlights, blankets and warm clothing.

Here are tips to prepare vehicles for winter:

- Ensure visibility during winter storms by replacing windshield wipers and refilling wiper fluid.
- Have the radiator system serviced.
- Replace worn tires.
- Check tire air pressure regularly.
- Have brakes, brake fluid, oil, car battery, heater and exhaust checked.
- Keep an emergency preparedness kit in the vehicle. It should be stocked with batteries, a battery powered or hand-crank radio, a flashlight, a windshield scraper, jumper cables, a mobile phone charger, shovel, blankets, first aid kit, non-perishable food and bottled water.



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