



# Stay Safe This Winter!

## Winter Weather — Clothing Essentials

Rule of thumb: Dress kids in one more layer than you would wear!

Gloves or mittens

Winter hat

Coat

Scarf

Heavy, waterproof pants

Thick socks

Waterproof boots

Sweater & layering shirts

Always remember to pay attention to your body and take frequent breaks when outside.



Make sure your car is ready for winter.

- ✓ Antifreeze level is high
- ✓ Exhaust pipe is clear
- ✓ Gas tank is full

Keep hands out of coat pockets



Walk Like A Penguin



Point your feet out to the sides

Take small steps, or shuffle

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## Tips for Safe Heating

Keep anything that can burn at least 3 feet from heating sources.



Do not leave a car running inside of a garage.

Have heating equipment inspected prior to use.



Never use an oven to heat your home.

Turn off space heaters when you leave the room and before going to bed.



Don't leave fires unattended.



## EMERGENCY KIT

Be sure to keep an emergency supply kit in your home and car.

3-day supply of water

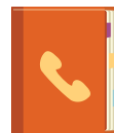
Non-perishable food

Flashlight & batteries

Battery-powered radio



Family communication plan



First-aid kit

Necessary medications

Extra clothes & blankets

Cell phone & chargers



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