Winter Weather — Clothing Essentials

Gloves or mittens
Heavy, waterproof pants
Winter hat
Thick socks
Coat
Waterproof boots
Scarf
Sweater & layering shirts

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

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
Point your feet out to the sides
Take small steps, or shuffle

Walk Like A Penguin

Connect with us on social media for more information!

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Stay Safe This Winter!

Tips for Safe Heating

- Keep anything that can burn at least 3 feet from heating sources.
- 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
- First-aid kit
- Necessary medications
- Extra clothes & blankets
- Cell phone & chargers
- Family communication plan

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