

Message from the Parish Nurses

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COLD WEATHER PRECAUTIONS

Keeping everyone safe as the weather changes

IN YOUR HOME

Make these smart precautions for a winter-ready home.

- Install a door sweep under your front door to keep the draft to a minimum.
- Don't use your oven for heat! Ovens can cause harm from carbon monoxide poisoning and accidental burns and fires.
- Install carbon monoxide monitors, especially near bedrooms. Home improvement stores carry affordable models.
- If you are using a space heater, make sure it works properly and does not have frayed wires. Never run it while you are asleep or away from home.
- Keep flammable items at least three feet away from heating sources (such as space heaters, the fireplace or furnace.)

IN YOUR CAR

Create an emergency kit in case of a breakdown or weather-related stall.

- Invest in a basic first aid and emergency car kit. You can purchase one ready-made or stock your own with first aid supplies, handwarmers, flares, flashlight, blankets, water and snacks.
- Since proper tire pressure is paramount in winter driving, know the proper pressure for your tires, keep a simple tool to check pressure in your glove box, and know where to go for air when you need it.
- Keep a minimum of a half tank of gas in your car during the cold months to prevent the fuel line from freezing.



IN YOUR HABITS

With colder weather and shorter days, follow these tips to stay active and healthy through the winter months.

- Be sure to get your flu shot!
- Emphasize handwashing among friends and family to fight germs that seem to be everywhere in the winter.
- Plan your exercise routine a week in advance. Having a plan helps you follow through!
- If the weather is too bad to visit your gym, be creative with indoor workouts: play with a Wii Fit, practice yoga with a free online video, or call up a friend and go on a "virtual walk" while making laps around your home.

<http://chreader.org/cold-weather-precautions/>

SAFE SNOW SHOVELING

Shoveling snow is like lifting weights, and the cold air adds an extra strain on the body. People at greatest risk for a back injury or a heart attack include people who:

- Have a history of heart attack or heart disease
- Have high blood pressure or cholesterol
- Smoke
- Have inactive lifestyles
- Currently have a "bad back"

You may want to consider hiring someone to get the work done or proceed very cautiously. For more information see: www.healthcentral.com (search snow shoveling).