

COA January Health & Safety Tips

2021

Tips for a Healthy Winter

- * **Winterize your exercise:** Add cross-country skiing, ice skating, and snowshoeing as fun winter alternatives to daily exercise.
- * **Stay warm:** Bundle up in loose-fitting layers. Make the innermost layer a moisture-wicking fabric (not cotton). Add a water-resistant coat and shoes, plus a warm hat, scarf, and mittens, which are warmer than gloves.
- * **Come in from the cold:** Bring your workout indoors—gym, walk at the mall, swim in an indoor pool, join a dance class, or exercise to a fitness video (COVID limits some of these options)
- * **Beat the winter blues:** For some people, the gray days of winter translate into a gloomy mood. To boost your spirits, stay socially engaged and physically active. Watch for signs of winter depression, such as a down or hopeless mood, low energy, overeating, oversleeping, and social withdrawal. If you think you might be depressed, talk with your doctor.
- * **Vitamin D:** The body can make vitamin D when skin is exposed to sunlight, but production often drops in winter. To compensate, get plenty of the vitamin from foods.
- * **Veg out:** Shop for colorful, healthful, in-season fruits and vegetables. Clementine's are packed with vitamin C. Bananas are loaded with potassium. And sweet potatoes and winter squash are rich in vitamin A.
- * **Be kind to your skin:** Cold air and low humidity can lead to dry, itchy skin. To protect your skin, limit showers or baths to no more than 10 minutes and use warm (not hot) water. Afterward, blot dry gently and slather on a moisturizing cream or ointment.
- * **Get tough on germs:** Wash your hands often for about 20 seconds. Soap and water are best, but if they aren't available, use an alcohol-based hand sanitizer.

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Winter Weather Safety Tips

Things to Keep in Your Car:

- * Spare clothes including hats, gloves and scarves
- * Have extra blankets on hand
- * Water and non-perishable snacks
- * Flashlights and spare batteries
- * Phone charger and/or power brick
- * Ice scraper and snow shovel

Ways to Prepare for Winter Storms and/or Power Outages

- * Stock up on non-perishable foods, water, medications (pets too)
- * Flashlights and spare batteries
- * Keep spare blankets on hand
- * Have a plan for backup power for medical equipment
- * Check smoke detectors and Carbon Monoxide monitors

Tips for Driving in the Snow

- * Stay home if possible
- * Allow for extra time and drive slow
- * Remove snow and ice from your vehicle
- * Always wear your seatbelt
- * Don't use cruise control
- * Watch for black ice

