

# Winter Safety Tips



## Keep you and your family safe and healthy when North Idaho temperatures start to fall.

- ▶ Stay dry and dress in layers: Tightly woven, wind-resistant coat or jacket; inner layers of warm clothing, scarf, mittens or gloves and a hat.
- ▶ Wear waterproof shoes or boots with good tread. Consider traction devices in icy or snowy conditions.
- ▶ Sprinkle cat litter or sand on icy patches to avoid falling.
- ▶ Wear a helmet when skiing, sledding, snowboarding, and any playing on the ice. Snowmobilers should wear a helmet for high speeds.
- ▶ Stay hydrated by drinking non-alcoholic and non-caffeinated drinks.
- ▶ Be aware of current and forecasted weather. Avoid traveling when weather services advisories are issued.
- ▶ Check the latest road conditions: [511.idaho.gov](http://511.idaho.gov)

## Be prepared for weather related emergencies, including power outages:

- ▶ Stock food that does not require cooking or refrigeration. Store water in clean containers.
- ▶ Ensure your cell phone is fully charged.
- ▶ Keep an up to date emergency kit, including flashlight, batteries, prescription medications, and glasses, weather radio and baby items.
- ▶ Protect your family from carbon monoxide:
  - Keep grills, camp stoves and generators out of the house, basement and garage
  - Generators should be at least 20 feet from the house
  - Leave your home if Carbon Monoxide (CO) detector sounds and call 9-1-1
- ▶ Check on family and neighbors at risk from cold weather hazards: elderly adults, young children and chronically ill.
- ▶ Bring pets inside or provide them with adequate, warm shelter and unfrozen water to drink.

**Questions? Let us help! Contact Kootenai Health's injury prevention coordinator at (208) 625-5722 or find more resources on the Center for Disease Control and Prevention at [cdc.gov/safecild](http://cdc.gov/safecild)**



**KootenaiHealth**