

Winter Weather Tips for Seniors

Emergency preparedness makes good sense. List emergency numbers and keep them by the telephone. It is not uncommon during heavy snow or ice storms to have a power outage. Keep these emergency supplies on hand:

Flashlight with extra batteries

Battery operated radio with extra batteries

Backup power supply for any device that would create a life-threatening situation if you should lose power

Prescription medication for at least 7 days.

Personal hygiene supplies

Non-perishable food supply for at least 3 days

Canned foods

Crackers

Dried fruit

Stew

Soups or broth

One gallon of water per person per day for at least 3 days

Manual can opener

Extra blankets and warm clothing

Winter Weather Safety Tips

Watch for slippery pavement.

Allow extra time to cross streets.

Wear light or fluorescent colored clothing at night and carry a flashlight.

Always wear your seatbelt in your vehicle.

Keep your weather radio, AM/FM radio or TV tuned in when extreme weather conditions are in the forecast.

Dress warmly, even if indoors.

Eat enough food, drink plenty of water and stay as active as possible.

Ask friends or neighbors to look in on you once or twice a day, particularly in extreme weather.

Do not shovel snow if you are in poor physical condition or have an existing heart problem.

Do not attempt to walk on icy paths.

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