Cold Weather Guide: Staying Healthy

*Get a Flu Shot*
*Keep Your Hands Clean*
*Take a Multivitamin*
*Exercise and Proper Diet*
*Get Plenty of Sleep*
*Stay Hydrated*

**The Flu Shot**
- Recommended for everyone over 6 months of age
- Reduces the risk of influenza by 60%
- If you get the flu, it can decrease the severity
- Protects against at least 3 strains of influenza.

Don’t Like Needles?
A nasal spray version is available as well!

**Hand Sanitizer**
- Can quickly reduce the number of germs
- Does not get rid of all types of germs
- Hand sanitizers with at least 60% alcohol are the most effective
- Not recommended for use when hands are visibly dirty or greasy
- Washing hands with soap and water is still preferred

**Remember to Wash Your Hands...**
- Before, During, and After Preparing Food
- Before Eating
- After Using the Bathroom
- After Handling a Pet
- After Coughing or Sneezing In Your Hands

Be Sure to Eat These Four Vitamins During Winter:

**Vitamin C** is found in:
- Citrus, Tomatoes, Leafy Vegetables, Peppers

**Vitamin D** is found in:
- Milk, Eggs, Mushrooms, Salmon

**Iron** is found in:
- Red Meat, Beans, Leafy Vegetables, Poultry

**Zinc** is found in:
- Spinach, Beans, Beef, Almond
Items to Keep in Your House in Winter

- Non-perishable foods
- Water
- Flashlight
- Batteries
- First-Aid Kit
- Rock Salt
- Shovel

Prevent Slips and Falls

- Wear Proper Footwear
- Take Smaller Steps
- Use Salt or Kitty Litter on Sidewalks
- Look Before You Step
- Use Your Arms for Balance (Walk Like a Penguin!)

Layering Clothes For Cold Weather

1. Base Layer: Long sleeves/pants made of wool or synthetics (long johns, Under Armour)
2. Thermal Layer: Warm, breathable shirts are best (flannel shirts, sweaters)

The goal is to stay warm and dry!

Items to Keep in Your Car in Winter

- Ice Scraper
- Flares/Reflector
- Blanket
- Water
- Extra Gloves/Hats
- First Aid Kit
- Rock Salt or Cat Litter
- Basic Tool Kit
- Phone Charger
- Jumper Cables
- Chain/Rope
- Non-Perishable Snacks

Driving Tips For Bad Weather

- Clean your car off COMPLETELY
- Leave earlier, drive slowly
- Increase stopping distance
- Be careful on bridges and overpasses
- Never slam your brakes

Always Check The Weather Forecast!