

Cold Weather Guide: Staying Healthy

Created by the New Jersey Self-Advocacy Project,
a program of The Arc of New Jersey

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Information sourced from www.cdc.gov

* 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

Cold Weather Guide: Be Prepared

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Items to Keep in Your House in Winter



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



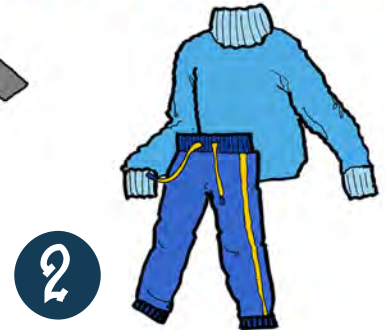
Prevent Slips and Falls



- 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)
- 3. Shell Layer:** Waterproof and wind resistant jacket with a hood.
- 4. Accessories:** Hat, earmuffs, gloves, boots.



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!

