



Winter Weather Tips For Seniors

Emergency preparedness is always important, especially when it comes to the cold weather months in Minnesota. Taking the steps to be prepared for winter storms and traveling can help reduce the chance for injury.

Here are some important safety tips:

Winter Weather Safety Tips:

- * Watch for slippery roads and sidewalks.
- * Allow extra time when traveling.
- * Wear light or fluorescent colored clothing outdoors at night.
- * Always wear your seatbelt in your vehicle.
- * Keep your weather radio, AM/FM radio or television tuned in when there is the potential for severe weather.
- * Dress in layers to keep warm.
- * Eat enough food, drink plenty of water and stay as active as possible.
- * Ask friends or neighbors to join you in checking in on those who might need assistance, especially when the weather is bad.
- * Do not shovel snow if you are in poor health or have a heart condition. It can be very overwhelming and may lead to injury.
- * Stay indoors, unless it is necessary to travel.

Keep These Emergency Supplies On Hand:

- * Flashlight with extra batteries.
- * Battery operated radio with extra batteries.
- * Prescription medication.
- * Personal hygiene items.
- * Non-perishable food, for at least three days.
- * One gallon of water per person.
- * Extra blankets and warm clothing.

For additional information about ways to keep yourself safe during the winter months, please feel free to contact Charlotte at RSVP (763) 241-2668.