

# S.A.F.E. Newsletter



## Check the Weather

Listen, watch, or look up the weather and pay attention to the **wind chill**. The wind chill is how cold it feels on your skin. This is caused by the wind blowing, which removes the boundary layer of warmth that we generate through convection.

## Plan Ahead

1. Develop a **safety plan** for the cold weather and listen to the weather.
2. **Dress in layers!** Ensure to have a wind proof outer layer.
3. **Stay dry and seek shelter!**  
Remove wet clothing to prevent rapid cooling.
4. **Stay moving!** Walking or other activities will help you stay warm.
5. **Help Others!** Check on children and elderly to ensure they have food, heat, and medicine.

## Heater Safety



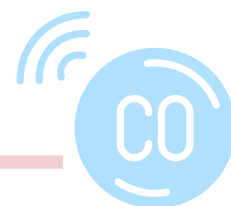
- Do not use a fire place or heater without adequate ventilation. Organic material, such as propane and wood, produce carbon monoxide when burned, which can cause death.
- Purchase a carbon monoxide alarm to alert you and your family.
- Talk to your local fire department for more information about fire place and heater safety!



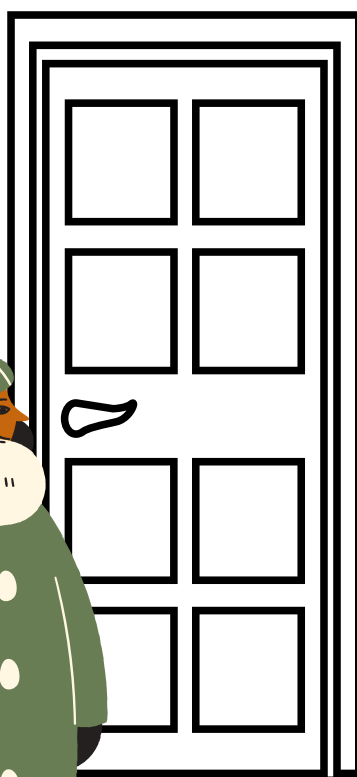
# REMINDERS

Use a window to provide ventilation.

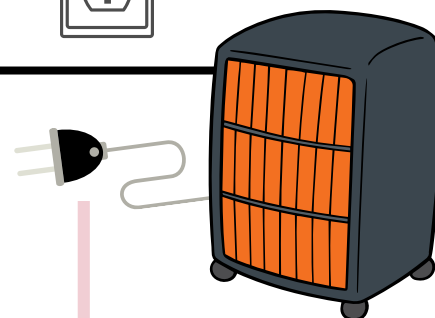
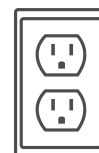
Use a carbon monoxide alarm.



Bundle up before going outside.



Unplug before you leave.



Plug heaters directly into outlets.

