

MONOGRAM

DECEMBER 2022

Stay Safe and Healthy This Winter

As we head into the winter months, Mono County Public Health encourages residents and visitors to be “Winter Aware,” and take some time to prepare for travel during inclement weather conditions. Finding yourself unprepared while traveling in a storm could result in catastrophic consequences – take the time to prepare this winter season!



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Prepare Your Home for Winter

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months:

Winterize your home

- Install weather stripping, insulation, and storm windows
- Insulate water lines that run along exterior walls
- Clean out gutters and repair roof leaks
- **Adopt a Hydrant**

Check your heating systems

- Inspect and clean fireplaces and chimneys
- Have your heating system professionally serviced
- Have a safe alternate heating source and alternate fuels available
- Clear snow from propane tanks

Check your emergency notifications

- Test/change the batteries on your smoke detectors
- Install a carbon monoxide (CO) detector to alert you of the presence of the deadly, odorless, colorless gas

Prepare for emergencies

- Stock food that needs no cooking or refrigeration, and water stored in clean containers
- Ensure that your cell phone is fully charged
- Keep an up-to-date emergency kit, including:
 - Flashlight
 - Radio
 - Lamp(s)
 - Batteries
 - First-aid kit and extra medication

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Prepare Your Car for Winter

In addition to annual maintenance, here are some tips to winterize your car:

- Test your battery; battery power drops as the temperature drops
- Service the radiator and maintain antifreeze level
- Make sure the cooling system is in good working order
- Have winter tires with a deeper, more flexible tread put on your car
- If using all-season tires, check the tread on your tires and replace if less than 2/32 of an inch
- Check the tire pressure; tire pressure drops as the temperature drops
- Check your wiper blades and replace if needed
- Add wiper fluid rated for -30 degrees
- Keep your gas tank at least half full to avoid gas line freeze



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Prepare Your Car for Winter

Prepare Your Emergency Supply Kit

Every vehicle should have an emergency supply kit in the trunk. Kits should be checked every six months, and expired items should be replaced regularly. Vehicle emergency supply kits should include:

- A properly inflated spare tire, wheel wrench and tripod jack
- Jumper cables
- Tool kit and/or a multipurpose utility tool
- Flashlight and extra batteries
- Reflective triangles and brightly colored cloth to make your vehicle more visible
- Compass
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress
- Nonperishable, high-energy foods, such as unsalted nuts, dried fruits and hard candy
- Drinking water
- Reflective vest in case you need to walk to get help
- Car charger for your cell phone
- Fire extinguisher
- Duct tape
- Rain poncho
- Additional items for cold weather include a snow brush, shovel, windshield washer fluid, warm clothing, cat litter for traction and blankets

It's also a good idea to keep family and emergency phone numbers, including your auto insurance provider and a towing company, in your phone.

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Prepare Your Car for Winter

Before You Travel

- Clean your car's external camera lenses and side view mirrors so you'll be able to see what's around you
- Remove dirt, ice, and snow from sensors to allow assistive-driving features like automatic emergency braking to work
- In frigid weather, you may want to warm up the car before you drive it
- To prevent carbon monoxide poisoning, never leave a vehicle running in your garage – even with the garage door up
- If the forecast looks iffy, wait out the storm if possible; if you must travel, share your travel plans and route with someone before you leave



Resources:

