

Topic: Winter Weather Preparedness

Don't let blustery weather freeze you out of enjoying a joyful winter. Be prepared to weather any storm by following these tips:

- Make sure your home emergency kit is stocked and winter storm ready
- Use sand to improve traction and apply products that melt ice on walkways
- Make sure you have sufficient heating fuel. Regular fuel sources may be cut off
- Keep emergency heating equipment and fuel available
- Keep fire extinguishers on hand, and make sure your family knows how to use them.
- Winterize/insulate your home to extend the life of your fuel supply.
- Do not overexert yourself or work outside for extended periods of time

IL winter weather preparedness guide:

<https://iemaohs.illinois.gov/content/dam/soi/en/web/iema/preparedness/documents/winter-storm-preparedness-guidebook.pdf>

Community Wellness & Faith Community Health Services at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health. To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email FaithCommunityHealth@carle.com.



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