

Stay off roads.



Use generators
outside only.

Stay indoors and
dress warmly.



Listen for emergency
information and alerts.

Prepare for
power outages.



Look for signs of hypothermia
and frostbite.



Check on neighbors.

The Safety Express Newsletter



Carbon Monoxide

"CO" is an odorless, colorless gas that can kill you.

Symptoms of poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

What can I do?

- Install a battery-operated CO detector in your home .
- Do not use portable flameless chemical heaters indoors.
- Have your chimney checked or cleaned every year.
- Never burn charcoal indoors.
- Never use a portable gas camp stove indoors.
- Never use a generator inside your home, basement, or garage.

Terminology

WATCH – BE AWARE - Chance this condition will happen and usually covers a large geographical area for a lengthy time period.

ADVISORY - In between a WATCH and WARNING. The expected weather condition has a pretty good chance of occurring.

WARNING – TAKE ACTION - Already occurring or is likely to occur and to take proper protective measures. Warnings are usually issued for much smaller geographical areas and shorter time periods.



Be Prepared For the 2018 Flu Season



It's that time of year again! Flu shots are becoming readily available at doctors offices, clinics and other providers. Along with the vaccine there are some simple tips which help decrease your chances of contracting the illness.

1. Wash your hands thoroughly with soap, water and friction for at least 20 seconds or sing "Happy Birthday" twice, to make sure that germs won't see their next birthday.
2. Cover your cough with a tissue, sleeve or elbow.
3. Practice good health habits by exercising routinely, maintaining a healthy diet and abstain from smoking.

ADDITIONAL RESOURCES:

- www.healthvermont.gov
 - www.ready.gov
 - www.redcross.org/
- Interested in an Emergency Preparedness Presentation?
Call Becky at (802) 777-7851