

NEWS AND INFORMATION



## Cold Weather Safety

Extremely cold air comes every winter into at least part of the country and affects millions of people across the United States. The arctic air can be dangerous. Combined with brisk winds, dangerously cold wind chill values can result. People exposed to extreme cold are susceptible to frostbite and can succumb to hypothermia in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia occurs when the body loses heat faster than it can produce it.

Some general tips that you should follow to promote cold weather safety are:

- Minimize Travel
- Stay indoors during the worst part of the cold weather
- If you have to travel, check the tire pressure, antifreeze levels, heater, defroster of your car before leaving
- Learn how to shut off water valves in case of potential pipe bursts
- Check on the elderly
- If you have pets that are outside, bring them inside

It is important to also be dressed for the weather. If you are going to be outside in the cold weather, wear layers of loose fitting, lightweight, warm clothing, and a hat. It is also important to cover your hands, wearing either mittens or gloves.

A winter storm survival kit is extremely helpful should you become stranded in your car. Consider keeping it in the back seat of your vehicle (in case your trunk jams or is frozen shut). Items to consider:

- Blankets or sleeping bags
- Extra stocking caps, warm socks, gloves/mittens
- Flashlight with extra batteries
- First-aid kit
- Booster cables and windshield brush/scraper
- Drinking water and high-calorie, non-perishable food (trail mix, energy/protein bars)
- Sand or cat litter for traction
- Cell phone adapter/charger



## Handwashing Awareness:

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Handwashing with soap is the most effective form of handwashing- one study reported that compared to just using water for handwashing, the presence of bacteria on someone's hands was reduced to 8% when washing with soap.

When washing your hands, follow these 5 steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or an air dryer.



## Winter Workouts

It is super easy to want to cozy up under a blanket and watch your favorite movie during Winter months and not want to exercise. While this is tempting, it is still really important to maintain physical activity. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather. Some of these benefits are:

- **No heat and humidity to deal with.** Winter's chill might even make you feel awake and invigorated.
- **You may be able to work out longer in cold weather**—which means you can burn even more calories.
- **It's a great way to take in the sunlight (in small doses).** Not only can light improve many people's moods, it also helps you get some vitamin D.
- **Exercise boosts your immunity during cold and flu season.** Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

Some outdoor activities that you can do are brisk walking or hiking, jogging or running, raking leaves, shoveling snow, ice skating, sledding, skiing, and snowshoeing to name a few.

If you are unable to go outside to exercise, there are plenty of options for exercising indoors! There are many exercise activities that can even be done from the comfort of your own home! Some examples of these are:

- Dancing
- Housework such as vacuuming and sweeping
- Following an at home workout series on YouTube or other platforms
- Yoga
- Stair Climbing (if there are stairs in your house)

Examples of other exercises that can be inside, but not necessarily at your house are:

- Group exercise classes at local fitness centers, community centers, or other venues
- Walking in various stores
- Bowling
- Roller Skating
- Stair Climbing






## What's Happening at WCHD this month?

December 25th and January 1st- WCHD  
Closed



### ALL MONTH:

-  FREE at home COVID-19 tests available. If you are interested in getting some COVID-19 tests for the upcoming holiday celebrations, call 513-695-3126 to schedule a pick up time
-  Nutrition and diet counseling provided by WCHD dietitian, Laura Brodt. If you are interested, call 513-695-1477 to set up an appointment.
-  Various vaccination clinics. Need a COVID-19 and/or flu vaccine? Call 513-695-1468 or 513-695-1229 to get scheduled.