



WINTER SAFETY

KEEPING OLDER ADULTS WARM & SAFE

DID YOU KNOW?



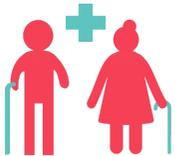
1 of 5 of Americans will be 65 years old and older by 2030.



Falls are the leading cause of fatal injury for Americans.

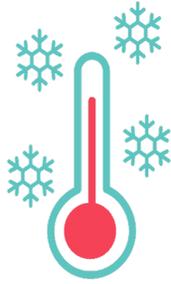


Every 20min an older adult dies from a fall.



Older adults are more vulnerable to falls and other health problems in the winter.

WINTER HEALTH CONDITIONS & PROBLEMS



- In the winter, older adults are more vulnerable to health problems due to extremely cold weather.
- Frostbite is an injury caused by freezing where you can lose color and feeling in certain body parts (e.g., nose, ears, fingers, toes).
- Hypothermia is a condition where the body loses heat faster than it can produce.
- Frostbite and hypothermia can lead to serious health problems or death if not treated immediately. Stay indoors and wear layers of appropriate, warm clothing to help prevent both conditions.



- *Carbon monoxide (CO) is a dangerous gas that can't be seen, tasted, or smelled. High levels of CO in the body can be fatal.
- Symptoms of CO poisoning include headaches, nausea, confusion or vomiting, and older adults can be very vulnerable to CO poisoning.
- The only way to know if there's CO in your home is with a detector. If your home is exposed to CO, leave your home immediately and call 911.

HOME SAFETY



During blizzards and snow emergencies, it's best and safer to stay home.



Never use your oven or stove to heat your home to prevent CO poisoning.



Make sure there are CO and smoke alarms on every level of your home and near all sleeping areas.



Have your heating system inspected every year by a professional to make sure it is working properly.

DRIVING SAFETY



Drive slower on snow and ice. Follow Boston's 25mph speed limit to prevent crashes.



Never warm your car inside a garage or enclosed area as this can cause CO poisoning.



Clean off all snow on your car before you drive. Falling debris can block other drivers' vision and may cause a crash.



Always buckle up, and avoid distractions. Focus on your drive to keep you, passengers and others drivers safe.

WALKING SAFETY



Be careful when walking on snow and ice. Use salt or ice melt to make walking easier.



Clear stairs, pathways and driveways of snow to help prevent slips and falls.



Wear outdoor, wind-resistant layers of clothing to stay warm. Walk in comfortable shoes with good traction.



Ask your doctor about exercises like Tai Chi to help with balance and address health conditions that can affect your walking.

*CO is colored red for visual purposes only.

BE PREPARED & READY FOR WINTER WHEREVER YOU ARE