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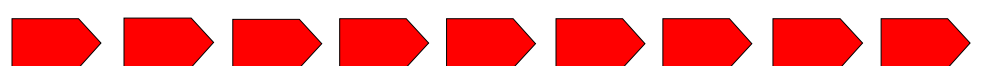
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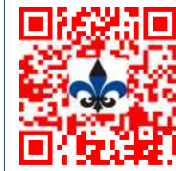
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Winter Safety - Continued From Newsletter

Frostbite Warning Signs

- Skin that's white or ashy or grayish-yellow
- Skin feels hard or waxy
- Numbness

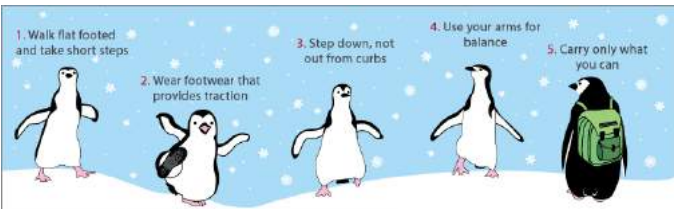


Precautions To Take

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

FALLS

It is easy to slip and fall in the winter, especially in icy and snowy conditions.



Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.



Sorry ... there's no App for shoveling snow!

Do the "Penguin Shuffle!" ☺

- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Condition and Warning Signs

ACCIDENTS WHILE DRIVING

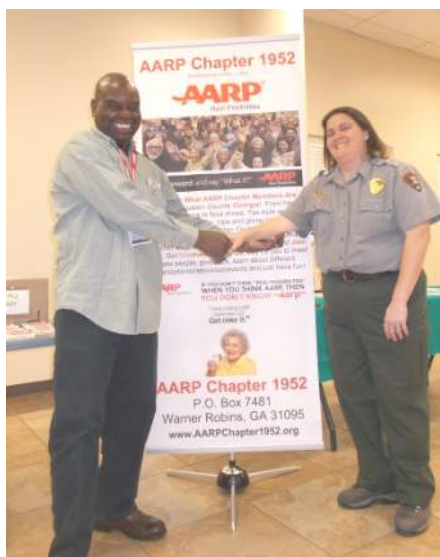
Adults 65 and older are involved in more car accidents per mile driven than those in nearly all other age groups. Winter is an especially time to be vigilant when driving

Precautions to Take

- "Winterize" your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you should be expected back.
- Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- Stock your car with basic emergency supplies such as: First Aid Kit, Blankets, (Extra) Warm Clothes, Booster Cables, Windshield Scraper, Shovel, Rock Salt (Or A Bag Of Sand Or Cat Litter—In Case Your Wheels/tires Get Stuck), Water/Dried Food/Canned Food (With Opener), Flashlight, Map/GPS and "Other Stuff!"



DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. Road conditions and weather may not be optimal. Additionally, don't forget or neglect your pets ... they get cold too! **ggd** ☺



AARP Shred Day
 December 3, 2016 (Macon, GA)