

Reduce the Risk of Poisoning in Your Home

- Keep household products and medicines out of reach and out of sight of children, preferably in a locked cabinet or closet.
- Store medicines and dietary supplements (especially iron pills) separately from other household products and keep these items in their original containers.
- Be sure that all products are properly labelled, and read the label before using.
- Always turn the light on when giving or taking medicine to be sure you have the right medicine and the correct measurement.
- Avoid taking medications in front of children since they often imitate.
- Refer to medicines by their proper names. They're not candy.
- Clean out your medicine cabinet periodically. Get rid of old medicines by flushing them down the drain or toilet, rinsing the container in water, and then discarding it.
- Use household products which are available in child resistant packaging.

Is there a topic you want us to write about?
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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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Watch Out for Winter Hazards

According to the National Safety Council, prolonged exposure to low temperatures, wind, and moisture can result in frostbite and hypothermia. **Here are tips on how you can protect yourself and your family from wintertime hazards:**

- ▲ Wear several layers of loose-fitting clothing to insulate your body by trapping warm dry air inside.
- ▲ Wear a hat, scarf, and turtleneck sweater to protect your head, neck, cheeks, ears, and nose. Cover exposed skin as much as possible.
- ▲ Wear mittens that are snug around your wrist. Mittens offer better protection than gloves.
- ▲ Attempt to keep your feet as dry as possible by wearing waterproof shoes and wool socks.
- ▲ Warn children to stay away from ice-covered ponds and streams.
- ▲ Avoid overexertion. Cold weather puts an extra strain on the heart. If



you add to this the strain of physical activity, such as shoveling snow, walking outside, or pushing a vehicle, you risk hurting yourself.

- ▲ Drink plenty of fluids in cold weather. Your body still needs its fluids replenished or dehydration will occur.
- ▲ Stay dry. Change wet socks and other wet clothing as quickly as possible to prevent loss of body heat.
- ▲ Watch for signs of frostbite or hypothermia. The symptoms of hypothermia include:
 - shivering
 - exhaustion
 - confusion
 - fumbling hands
 - memory loss
 - slurred speech
 - drowsiness.
 The symptoms for frostbite include:
 - a white or grayish-yellow skin area
 - skin that feels unusually firm or waxy
 - numbness
- ▲ On extremely cold days, stay inside out of the cold. Read a book, clean house, play games with friends, or watch TV. If a snow storm hits while visiting a friend or family member, be patient and wait out the dangerous cold weather when possible.

Sources: National Safety Council, www.nsc.org and http://www.hsem.state.mn.us/whaw/Survival_Tips.pdf



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