



Season's Greetings!

What to Wear

- * Dress warmly for cold weather and outdoor activities.
 - * Dressing infants and children in several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.
 - * The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
 - * Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers or wearable blankets is preferred.
- * If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding materials. Visit www.aap.org for more child safety resources.*

Winter Safety

First Home Care
Quality Management Services

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Fire Protection

Household fires are more prevalent in winter than in any other season. This is due in part to an increase in cooking and heating fires. Fire safety steps can help keep your home and family safe.

It is a good time to remember to:

- ◆ Buy and install smoke alarms on every floor of your home, and inside sleeping areas
- ◆ Test smoke alarms monthly
- ◆ Practice fire drills with your children
- ◆ Install a carbon monoxide detector outside bedrooms
- ◆ Check your hotspots. All heating equipment needs space and proper venting systems
- ◆ Use electric space heaters that will switch off automatically if they fall over
- ◆ Never leave candles or a fire in the fireplace unattended
- ◆ Supervise children and others near hotspots



Protect your home Inside & Outside.

- ◆ Always use a metal mesh screen if you fireplace does not have a glass door
- ◆ Douse and saturate ashes with water before disposing of them
- ◆ Have your chimney or wood stove inspected and cleaned annually
- ◆ Use generators outdoors
- ◆ Use flashlights for emergency lighting
- ◆ Be mindful of holiday decorations

Winter Health Tips

- **Winter nosebleeds?** Try using a cold air humidifier at night. Saline nose drops or petrolatum may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician or physician.
- Cold weather does not cause **colds or flu**. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and people are in closer contact with each other. Remember to sneeze or cough into the bend of your elbow, and teach this to others, to reduce the spread of colds and flu.
- **Hydrate your skin** to prevent extreme dryness, and use sunscreen as needed.
- **Wash your hands for at least 20 seconds** before preparing food and eating, after using the toilet, after touching pet food or waste, when caring for someone who is sick, etc. Avoid touching your eyes, nose, or mouth. If soap and clean, running water are not available, use an alcohol-based hand sanitizer. December 2-8, 2012 is *National Handwashing Awareness Week!* Visit www.henrythehand.com for more information.

Frostbite and Hypothermia

Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.

- If frostbite occurs, bring the person indoors and place the frostbitten parts of her body in warm (not hot) water. Warm washcloths may be applied to frostbitten nose, ears and lips.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.

- Do not rub the frozen areas.



If the numbness continues for more than a few minutes, call your doctor.

Hypothermia develops when a person's temperature falls below normal due to exposure to colder temperatures. It often happens when a person is outdoors in extremely cold weather

without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.

- As hypothermia sets in, the person may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases.

If you suspect someone is hypothermic, call 911 at once. Take them indoors until help arrives. If appropriate, remove any wet clothing, and wrap him/her in blankets or warm clothes.

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What is carbon monoxide?

Carbon Monoxide (CO), often called "the silent killer," is a gas you cannot see, taste, or smell. It can be created when fossil fuels, such as kerosene, gasoline, coal, natural gas, propane, methane or wood do not burn properly.

CO poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers or cars left running in garages.

Symptoms of CO poisoning include headache, nausea and drowsiness. Exposure to undetected high levels of carbon monoxide can be fatal.

Precautions

- Have fuel-burning heating equipment (fireplaces, furnaces, water heaters, wood stoves, coal stoves, space heaters and portable heaters) and chimneys inspected by a professional every year.

- Open the damper for proper ventilation before using a fireplace.
- Never use your oven or stovetop to heat your home. The CO gas might kill people and pets.
- Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

For a list of more precautions, visit www.usfa.fema.gov.

Winter Sports & Family Activities

Winter is a time surrounded by holiday events, family gatherings, and a greater opportunity to participate in cold-weather activities. Remember to set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.

If sledding, ice skating, snowboarding, etc., provide supervision, avoid cars

and other vehicles, and adhere to safe guidelines for the activity. During any activity, consider wearing helmets and other protective gear.

Not interested in being outside during the winter? You can still have family fun while watching movies, playing board and card games, cooking, or coming up with creative activities to do indoors.



We hope you have a Safe & Peaceful Holiday Season!

Information in this newsletter was excerpted from the American Academy of Pediatrics (1/12), SafeKids (11/05), the Centers for Disease Control and Prevention (11/12), henrythehand.com (11/12), and the United