



# Health Notes



## Stay Safe and Healthy in Winter

**Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicles. Prepare for power outages and outdoor activity. Check on young children, older adults, and the chronically ill.**

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

### Prepare Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

#### Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

#### Check your heating systems.

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Have a safe alternate heating source and alternate fuels available.

If you do not have working smoke detectors, install one inside each bedroom, outside each sleeping area, and on every level of the home, including the basement. Test batteries monthly and replace them twice a year.

Prevent carbon monoxide (CO) poisoning emergencies.

Install a battery-operated or battery backup CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.

*Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.*

### Prepare Your Vehicle

- Get your vehicle ready for cold weather use before winter arrives.
- Service the radiator and maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
  - Cell phone, portable charger, and extra batteries.
  - Items to stay warm, such as extra hats, coats, mittens, blankets, or sleeping bags.
  - Food and water.

- Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction).
- Compass and maps.
- Flashlight, battery-powered radio, and extra batteries.
- First-aid kit; and
- Plastic bags (for sanitation).

### Prepare for Emergencies

- Be prepared for weather-related emergencies, including power outages.
- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
  - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps.
  - Extra batteries.
  - First-aid kit and extra medicine.
  - Baby items; and
  - Cat litter or sand for icy walkways.
- Protect your family from carbon monoxide (CO).
  - Keep grills, camp stoves, and generators out of the house, basement, and garage.
  - Locate generators at least 20 feet from the house.
  - Leave your home immediately if the CO detector sounds and call 911.

### Take Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.

Learn safety precautions to follow when outdoors.

- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation. & Carry a cell phone.

### Do This When You Plan to Travel

When planning travel, be aware of current and forecast weather conditions.

- Avoid non-essential travel when the National Weather Service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.

Follow these safety rules if you become stranded in your vehicle.

- Make your vehicle visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
- Move anything you need from the trunk into the passenger area. Stay with your vehicle unless safety is no more than 100 yards away.
- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide (CO) poisoning.

Be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill.

If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

*Be sure to visit CDC's Winter Weather webpage for more winter weather safety tips.*



### Surgeons Choice Medical Center

22401 Foster Winter Drive  
Southfield, MI 48075  
(248) 423-5100

### Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd  
Warren, MI 48093  
586-751-9800

### Surgeons Choice Dearborn Center

22731 Newman St  
Dearborn, MI 48124  
313-359-9540

### Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,  
Suite 111  
Warren, MI 48093  
586-558-8470

### Surgeons Choice Medical Clinic

Call for an appointment to be seen by a specialist within 24-hours  
248-485-8300



## Winter Safety Tips:

### Drive Safely in the Snow

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. Prepare your vehicle for the upcoming winter season with these helpful tips.

### Avoid Shoveling, Snowblowing Injuries

Shoveling snow or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

### Treat Frostbite Immediately

Use first aid to help someone who may have hypothermia or frostbite. Online and classroom courses are available at workplaces and other organizations through NSC. Download the NSC first aid app and you will be ready to give first aid for frostbite, hypothermia and many other emergencies.

### Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, hundreds of people die and tens of thousands are treated for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as "flu-like" - headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. Check out our carbon monoxide fact page.

### Avoid Injuries While Enjoying the Winter Weather

Whether you are skiing and snowboarding, sledding or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport.

*Need more facts and stats? See the Injury Facts page on Weather-Related Deaths and Injuries.*



## 6 Tips to Stay Active This Winter



*Whether indoors or outdoors, be as active as you can—and have fun!*

The winter season can be a challenging time to stay active, with colder temperatures, slippery conditions, and fewer daylight hours. But staying physically active is one of the best ways to improve your mental and physical health and keep yourself on track to reach your fitness goals. Physical activity can help you sleep better and reduce anxiety. Regular physical activity also helps you feel better, improve your balance, lower your risk of type 2 diabetes and many kinds of cancer, strengthen bones and muscles, lower blood pressure, maintain or lose weight, and keep your mind sharp as you get older. Emerging research also suggests physical activity may help boost your immune function.

Experts recommend adults get at least 150 minutes a week of moderate intensity physical activity. Many activities count, such as walking, running, or wheelchair rolling. You can break that up into smaller chunks of time or spread your activity out during the week. Try 30 minutes a day, 5 days a week. It all counts.

**Get started today with our 6 tips to stay active all winter long.**

#### 1. Take nature walks.

Weather permitting, schedule time during the day to enjoy nature. Take a stroll around a safe neighborhood or park.

#### 2. Monitor the weather and plan ahead.

Weather forecasts give several days' notice to prepare your week. Be sure to monitor the weather, dress appropriately, and plan your winter activity accordingly.

#### 3. Wear layers.

Wear several layers of comfortable clothing so that items can be removed easily as you become warmer. Layers will help you guard against overheating, sweating, and eventually becoming colder.

#### 4. Workout online.

Consider tuning into a TV, online, live Zoom, or Instagram workout class. Find free or low-cost exercise videos online to help you do aerobics, dance, stretch, and build strength.

#### 5. Do some chores.

When bad weather keeps you from going outside, look for ways to be physically active indoors. Housework such as vacuuming, sweeping, and cleaning all count towards your physical activity goals. And you'll knock out some items on your to-do list while gaining health benefits. Walking or running up and down stairs in your home can be a great workout, too.

#### 6. Volunteer in active ways while maintaining social distance.

Help others while helping yourself. Look for volunteer opportunities that involve physical activity such as walking dogs for elderly neighbors or shoveling snow. When volunteering, remember to follow social distancing recommendations to keep yourself and others safe.

Source: <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html#steps>



## IN THE SPOTLIGHT:

# 2024

HAPPY NEW YEAR

**SURGEONS CHOICE  
MEDICAL CENTER**

**WISHES YOU AND YOUR  
FAMILY A WONDERFUL  
HOLIDAY SEASON  
AND HEALTHY 2024!**

