

## **WINTER CHECK UP**

### **COLD WEATHER CAN KILL- BEWARE OF HYPOTHERMIA**

**Here are some possible signs of hypothermia:**

- ❖ **Confusion or sleepiness**
- ❖ **Slowed or slurred speech**
- ❖ **Shivering or stiffness in the arms and legs**
- ❖ **Poor control over body movements**
- ❖ **Slow reactions**

**If you think someone has hypothermia, take his or her temperature. If it's 96 degrees or lower, call 9-1-1 for emergency help. To prevent hypothermia, make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees.**

**If you need help with your heating bills please call Citizens for Citizens at:  
508-823-6346**

### **PROTECT YOURSELF FROM CARBON MONOXIDE POISONING:**

**You can't see or smell carbon monoxide, but at high levels it is very dangerous. Any heater that burns fuel, such as your furnace, a water heater, or a portable butane, gas heater or wood stove that is not vented properly, can leak carbon monoxide if it's not used correctly or working properly.**

- ❖ **Have heating systems, water heaters and any other gas, oil, or coal burning appliances checked by a qualified technician every year.**
- ❖ **Install a battery-operated carbon monoxide detector in you home. Get medical help right away if you think you have carbon monoxide poisoning and are feeling dizzy, light-headed, or nauseous.**