

North Dakota Winter Safety

Outdoor winter activities like shoveling, sledding, or even traveling can expose you to unique health hazards. Take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Work slowly when doing outside chores.
- Consume extra calories and fluids during the outing to prevent **hypothermia** (a dangerous loss of body warmth that can cause death).

Winter Camping

To help prevent hypothermia during cold nights, bring adequate bedding and clothing to stay warm. Use a plastic ground cloth under your tent to help keep you dry.

Carbon Monoxide Poisoning

Carbon monoxide is odorless and colorless and can cause illness or death in people and pets. Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up. Always place generators at least 20 feet from your house.

Source: www.cdc.gov



When planning travel, be aware of forecasts and weather conditions.

It's Not Too Late to Prevent the Flu!

With flu activity increasing and family and friends planning gatherings for the holidays, now is a great time to get a flu vaccine if you have not gotten vaccinated yet. A flu vaccine can protect you and your loved ones. Everyone 6 months of age and older should get a flu vaccine. This season, CDC recommends only flu shots (not the nasal spray vaccine).

While seasonal flu activity varies, flu activity usually peaks between December and February, though activity can last as late as May. As long as flu activity is ongoing, it's not too late to get vaccinated, even in December or later. An annual flu vaccine is the best way to protect against this potentially serious disease. Even if you have already gotten sick with flu this season, it is still a good idea to get a flu vaccine.

Prevent the Spread of Norovirus

Norovirus causes many people to become ill with vomiting and diarrhea each year. You can help protect yourself and others by washing your hands often and following simple tips to stay healthy.

- **Practice proper hand hygiene**

Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. If soap and water aren't available, use an alcohol-based hand sanitizer.

- **Take care in the kitchen**

Carefully rinse fruits and vegetables, and cook oysters and other shellfish thoroughly before eating.

- **Do not prepare food while infected**

People with norovirus illness should not prepare food for others while they have symptoms and for at least 2 days after they recover from their illness.

- **Clean and disinfect contaminated surfaces**

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces using a bleach-based household cleaner or you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

- **Wash laundry thoroughly**

Immediately remove and wash clothing or linens that may be contaminated with vomit or stool.



Wash hands carefully with soap and water to prevent norovirus.



When you are sick, don't prepare food or take care of others.

Source: www.cdc.gov