

Medical Reserve Corps

SEASONS GREETINGS!



Winter Safety

The severity of winter weather varies between locations; however, no matter where you live or work being prepared is always best. Being prepared for winter includes winterizing your home and car as well as updating your emergency kit. The following suggestions were gathered from Ready.gov.

WINTERIZE YOUR HOME

In winterizing your home, adequate insulation and fuel are the main areas that need to be checked. Adding caulking, putting up plastic over windows or installing storm windows will improve insulation in your home and thereby stretch your fuel supply farther. Remember, any equipment that burns fuel must be vented to the outside in order to decrease the risk of carbon monoxide poisoning. Chimneys and other heating equipment should be cleaned and inspected every year.

Make sure everyone knows where a fire extinguisher is located and how to use it. In case a pipe breaks, you should also know where your water valves are located.



PREPARING YOUR VEHICLE FOR WINTER WEATHER

Before the onset of winter, perform or have a mechanic perform an inspection of your car.

Antifreeze levels, the battery, thermostat, exhaust system, the defroster and heater, and windshield wiper equipment are just a few of the items that should be checked. Consider purchasing winter tires. Adequate preparedness dictates keeping the gas tank full or at least half full at all times. During a winter storm avoid traveling. If you must travel make sure someone knows where you are traveling to and what route you will take.

Do not forget to update the emergency kit in your car as well. Items that should be included in your kit are:

- Tow rope,
- Shovel,
- Extra clothes and blankets,
- Snack food and water,
- Extra batteries,
- Battery powered radio,
- Emergency flares, and
- Small broom and windshield scraper.

Reference:

1. Ready.gov. Winter Storms and Extreme Cold. Retrieved Nov. 28, 2011, from <http://www.ready.gov/winter>.

"We make a living by what we do, but we make a life by what we give."

-Winston Churchill

MEDICAL RESERVE CORPS UNIT #536

Public Health – Idaho North
Central District

215 10th Street

Lewiston, Idaho 83501

Phone:

(208) 799-0393

Fax:

(208) 799-0349

E-mail: mrc@phd2.idaho.gov

Training Links:

<http://www.training.fema.gov/emiweb/is/is100b.asp>

<http://www.training.fema.gov/emiweb/is/is100b.asp>

and

<http://www.training.fema.gov/emiweb/is/is700a.asp>

<http://www.training.fema.gov/emiweb/is/is700a.asp>

Keep us updated!

Remember to periodically update your profile information in the Volunteer Idaho System (<http://www.volunteeridaho.com/>). When doing so, please do not forget to fill out or update the "Background Information" section. This information is important to us because it describes what tasks a volunteer would be capable of doing during an emergency, exercise, or even volunteer event.

When you have a minute, please make sure your profile is accurately and completely filled out so you will be eligible to participate as a volunteer.

Mark Your Calendars!

- MRC Orientation at Public Health – Idaho North Central District
 - **Jan. 11, 2012 10:00-11:30**
 - **Jan. 19, 2012 3:00-4:30**Please plan on attending one of these orientations. Bring a friend!
- Public Health will be looking for MRC volunteers to assist with a Point of Dispensing (POD) exercise on May 11th. More information will be forthcoming.

"Unselfish and noble actions are the most radiant pages in the biography of souls."
David Thomas



Public Health – Idaho
North Central District
215 10th Street
Lewiston, ID 83501



Friend's Name

Street Address

City, State Zip Code