



Grant County Health Department
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COMMUNITY EDITION

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Winter Weather Checklist



Winter weather is here. Make sure you are prepared.

- Know what winter storm warning terms mean:

Winter Weather Advisory: Expect winter weather conditions to cause inconvenience and hazards.

Frost/Freeze Warning: Expect below-freezing temperatures.

Winter Storm Watch: Be alert; a storm is likely.

Winter Storm Warning: Take action; the storm is in or entering the area.

Blizzard Warning: Seek shelter now! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.

- Have at least one of the following in case there is a power failure:

Battery-powered radio and extra batteries.

National Oceanic and Atmospheric Administration (NOAA) weather radio



Have extra food and supplies on hand including:

- Drinking water
- Canned/no-cook food (bread, crackers, dried fruits)
- Non-electric can opener
- Baby food and formula if needed
- Prescription drugs and other medicine
- First-aid kit
- In an emergency—if no other water is available—snow can be melted for water. \ Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

Cooking and Lighting

- Never use charcoal grills or portable gas camp stove indoors—the fumes are deadly.
- Use battery-powered flashlights or lanterns.
- Avoid using candles, if used never leave lit candles alone.

Don't Forget Your Car

Some helpful items to keep in your car include cell phone and charger, flashlight (and extra batteries), water, snack food, extra hats, coats, mittens, blankets, road salt and sand, booster cables. If you must travel during bad weather, let a friend or relative know your plans.

Source: Centers for Disease Control and Prevention www.emergency.cdc.gov/disasters/winter

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

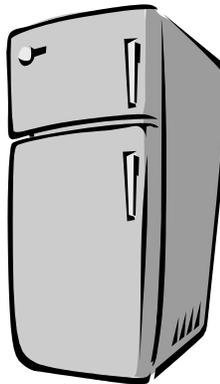
Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Myth: Don't put hot foods in the refrigerator.

Hot food can be placed directly in the refrigerator. But...

Cool in shallow containers. A large pot of food like soup or stew should be divided into small portions and put in shallow containers for quicker cooling in the refrigerator. Use containers like 13 x 9 pans that are no more than 3-4 inches deep for quick cooling. Once cooled, transfer to a larger container for storage. Store, covered, in the refrigerator.



Always follow the "two hour rule." Refrigerate perishable foods within two hours at a refrigerator temperature of 40°F or below. If left out in a room or outdoors where the temperature is 90°F or hotter, food should be refrigerated or discarded within just one hour.

When in doubt, throw it out! Food is not safe to eat after sitting out at room temperature for more than two hours. Bacteria grow rapidly in the *Danger Zone* (between 40°F & 140°F).

Source: [Partnership for Food Safety Education](#)

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

UW
EXTENSION

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jan 7th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 12th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jan 13th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jan 19th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jan 20th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Jan 21st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 26th—Lancaster Schreiner Library from 9:00am to 3:30pm

Jan 27th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Jan 28th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Happy Holidays!
From the Staff of
the Grant County
Health Department!

Help Children Stay Active during the Winter

Children need to play outside every day, even during the winter. This allows children to use their large muscles and work off some energy.

Recommendations for Outdoor Play

Infants: birth- 12 months of age. Infants should be taken outside 2-3 times per day, as tolerated.

Toddlers: 12 months – 3 years of age and **preschoolers:** 3-6 years of age. Toddlers and preschoolers should be taken outside for 60-90 minutes per day. On very cold and/or windy days, infants and children need to stay inside. If the temperature is less than 20° F, children under the age of 6 should not play outdoors due to the health risk. When the temperature is below 0° F; there is a significant risk for frost bite.

Fun Cold Outdoor Activities



Build a snowman
Snowball target throw: Make a circle in the snow where children can aim their snowballs
Go sledding
Build a snow angel

AND.....Don't forget to dress for the weather: Winter coats, snow pants, hats, scarves, mittens, and boots are a must!



Have you gotten your flu shot? It's not too late!

Anyone 6 months and older should be vaccinated for influenza. The 2015-2016 flu vaccine has been updated to protect against three or four flu viruses that CDC expects will cause the most illness in the United States this season.

The Grant County Health Department has influenza vaccine available for children and adults.

If your child has insurance that covers vaccines they need to go to their medical provider. If they have no insurance, Badger Care or Medicaid, children 6 months to 18 years old can receive the influenza vaccine free from the Health Department.

The cost for adults is \$27.00 for Trivalent vaccine and \$35 for Quadrivalent vaccine.

If you have Medicare or Medicaid, we can bill for the influenza vaccine.

Weather Cancellations

If the weather or road conditions are bad, the Grant County Health Department may decide to cancel immunization, WIC or other clinics.

One way to find out is to listen to the radio. The local stations used by the Health Department are

WGLR	97.7 FM or 1280 AM
WPVL	107.1 FM or 1590 AM
WRCO	100.9 FM

In general, we will cancel a WIC clinic if the school in that town cancels school for the day. We will have the clinic if school is delayed. If in doubt, you can call the Grant County Health Department at 723-6416.

GRANT COUNTY HEALTH DEPT IS DEMENTIA FRIENDLY

Facts about dementia:

- ▶ 70% of the 100,000 individuals living with dementia in Wisconsin reside in their own homes.
- ▶ 5.3 million individuals are living with Alzheimer's disease in the United States.
- ▶ 1 in 9 individuals over the age of 65; and 1 in 3 over the age of 85 are living with Alzheimer's.

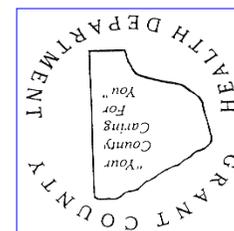
The Grant County Health Department is a Dementia Friendly Business. Our employees have received training to :

Recognize customers that may be living with dementia;

Effectively interact with those individuals; Be aware of the resources available;

Exhibit GOOD CUSTOMER SERVICE

If you are interested in becoming dementia friendly or joining the dementia friendly community initiative, contact the Aging & Disability Resource Center's Dementia Care Specialist, Whitney Thompson by calling 608-426-4295.



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