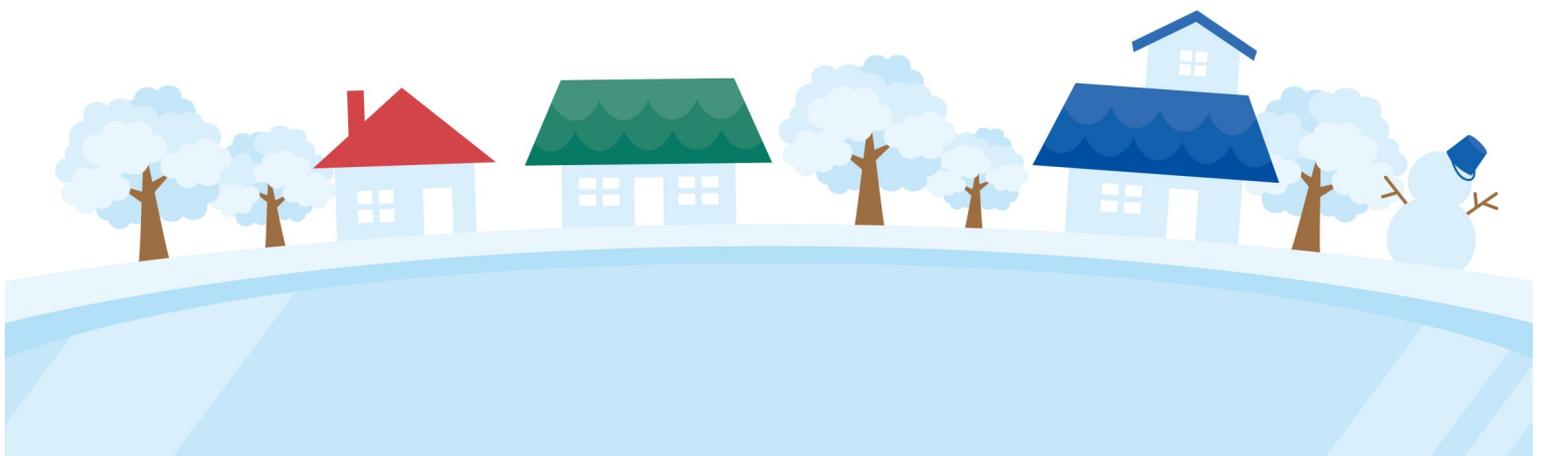


Tips for Staying Well & Safe

Winter Edition | 2022



Goodwin Living
At Home



About This Guidebook

The Goodwin Living At Home Team wants you to remain as safe as possible through all the challenges the winter season brings. We have developed this guidebook in order to provide some basic safety tips and reminders. Feel free to share this with friends and family, too!

Remember the Three Basic Steps to Prevent Infection (Flu, COVID-19 & More)

- **Wear Your Mask**—Always wear a mask when outside your home. Be sure it completely covers your mouth and nose. Dispose of masks after use or properly wash them in between uses if they are re-usable cloth masks.
- **Social Distance**—Maintain a distance of at least 6 feet between you and others at all times.
- **Practice Hand Hygiene**—Frequently wash your hands thoroughly with soap and water, or use a hand sanitizer with at least 60% alcohol.

Website | [GoodwinLivingAtHome.org](https://www.GoodwinLivingAtHome.org)

Tips for Personal Safety



Staying Well

- See your doctor regularly and especially when you are not feeling well.
- Stay hydrated and eat meals and snacks to maintain your weight. Keep bottled water stored in your pantry in case of emergencies.
- Make sure you have enough prescription medications on hand to last for at least 24 hours, as well as some basic, over-the-counter medications (e.g. pain relievers, antacids, burn ointment, etc.).
- Dress in layers of warm clothing, even when inside. Layers of clothing are better than not having enough clothing on to keep you warm.
- Use a cane or assistive device when navigating uneven or unfamiliar terrain.
- Only walk on clear and dry sidewalks; do not walk on dark surfaces where patches of ice are not easily visible.
- Keep your Advance Medical Directive up to date and provide a copy to your doctor.

Tips for Personal Safety



Staying Safe

- Have a “Plan B” for what to do during longer power outages (e.g. staying in a hotel or with loved ones).
- Keep your cell phone charged and a list of emergency contact numbers close to you or in your pocket in case of an emergency.
- Have some extra cash on hand for gas, taxi service, meal delivery service, or in case of emergency.
- Have a plan for your pets (who will care for them if you are unable) which includes feeding instructions, and contact information for your veterinarian and an emergency veterinarian.
- In case of an emergency, put a spare key to your home in a secure location outside that is easily accessible, or give a spare key to a neighbor.
- Make a list of your accounts and provide the location of account usernames and passwords to a designated family member or to your Power of Attorney. If your passwords are filed on your computer, someone will need the username and password to unlock your computer.

Tips for Home Safety



Be Proactive

- Install low-emissivity storm windows to help reduce heat loss in your home by 25-50%.
- Have a professional chimney sweep come in each year to clean out creosote and debris build-up. Keep the flue closed when the fireplace is not in use to prevent drafts.
- Have your dryer vents and gutters cleaned regularly.
- Have a plumber check your pipes to prevent freezing or bursting.
- Make sure to change your air filters every 90 days, or every 60 days if you have pets.
- Consider a programmable thermostat to help save on energy bills and expenditure and keep you comfortable.
- Replace old or worn weather stripping around your doors to keep the seals tight.
- Consider installing grab bars in the bathtub or shower and near the toilet. **Never** use the toilet paper holder as a grab bar.
- Consider a home safety assessment, which will identify safety improvements you can make in your home.

Tips for Home Safety



Be Prepared

- Keep candles and a lighter or flashlights and extra batteries in locations where they are easy to find, even in the dark.
- Place battery-operated night lights throughout your home in case the electricity goes out.
- Keep a supply of extra batteries in various sizes on hand at all times.
- Make sure your floors are clear of debris and liquids to help prevent falls.
- Change the direction of your ceiling fan during winter months to rotate clockwise. This will move warm air down from the ceiling and increase energy efficiency.
- Open drapes and blinds where you have direct sunlight during day hours to increase heat, then close them at night to keep cooler air out.

Tips for Cooking Safely



Mindful Reminders

- Use a timer as a reminder that the stove or oven is on.
- Never leave the stove unattended. Turn off the stove if you need to leave the kitchen, even for a short time.
- Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens and small appliances are turned off.
- Keep anything that can catch fire (e.g. pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains) away from the stove, oven or any other appliance in the kitchen that generates heat.

Tips for Cooking Safely



Cautious Measures

- Keep children and pets away from the cooking area.
- Clean cooking surfaces on a regular basis to prevent grease buildup. Grease can lead to an unexpected fire.
- Purchase a fire extinguisher to keep in your kitchen within easy reach. Follow directions for how to store the fire extinguisher and keep track of the expiration date so you know when to replace it.
- Cooks should avoid wearing loose clothing or dangling sleeves while preparing meals.
- Reheat leftover foods to at least 165 degrees Fahrenheit or as directed on package.

Tips for Traveling Safely



Plan Ahead

- Keep up with your regular car maintenance schedule, and ensure your tires are rotated and inflated to factory recommendation. Also, make sure you are using the correct grade of gas for your car to run efficiently.
- Keep a map, tire pressure gauge, flashlight, flares and owners manual in your glove compartment. Purchase a car safety kit and keep it somewhere easily accessible.
- Review your car insurance. Keep the number for your car insurance agency in a place you can easily access or store it in your cell phone. You should also know your insurance policy number.
- Check weather reports for possible delays with public transportation. If driving, check the weather along your route and plan for travel around any storms that may be forecast.
- Check the latest CDC guidelines and, if traveling internationally, the State Department website and plan your trip accordingly. Some places may require proof of vaccination to enter dining and entertainment venues or to use public transportation.

Tips for Traveling Safely



En Route

- Take extra masks and hand sanitizer.
- Turn your headlights on as dusk approaches, or if you are using your windshield wipers due to inclement weather.
- Know where you can safely stop for gas, restroom breaks or meals along your route.
- Drivers should be well-rested and alert and give their full attention to the road. **Never** use your cell phone while you are driving.
- Make frequent stops during long trips and rotate drivers, if needed.
- Keep your car's headlights, tail lights, signal lights and windows clean to help you see, especially at night.
- Keep a non-perishable snack and water in your car in case of traffic delays.