

The Epi Link

The first day of winter officially begins on December 21! Here are some quick things to remember for the upcoming winter season!

Prepare your home. Install a carbon monoxide detector, insulate walls or attic spaces. Use weather stripping

or caulk doors and windows. Insulate water lines that run along outer walls. Have the chimney or flue inspected.

Carbon monoxide poisoning can cause headache, dizziness, weakness, stomachaches, vomiting, chest pain and confusion. It can also be deadly. Find out more about carbon monoxide and how to protect yourself on page 2!

Bundle up! But leave enough room for blood to circulate freely to your hands, arms, and feet.

Bring your pets indoors or make certain outdoor pets are warm and sheltered from winter weather. If it's too cold for you, it's too cold for them!

If you are 65 years of age or older, it may be harder for you to feel changes in temperature. Check the temperature of your home often, and have a plan to stay warm during power outages.

Prepare your car. Keep the gas tank as full as possible to avoid ice buildup. Replace worn tires.

Have the antifreeze level checked. Consider using a wintertime wiper fluid.

Find out more on [CDC.gov](https://www.cdc.gov)!
[Winter Weather](#) and [Winter Disasters](#)

Spotlight: Carbon Monoxide (CO)

- CO is a deadly colorless and odorless gas.
- It is produced by using grills, generators, and gas/charcoal burning machines inside the house or near open windows/doors/vents of the home.
- Cars can produce CO when the exhaust is blocked by snow.
- Some smoke detectors also detect CO.
- Make sure that your detector is working. Check batteries monthly and replace them twice a year.

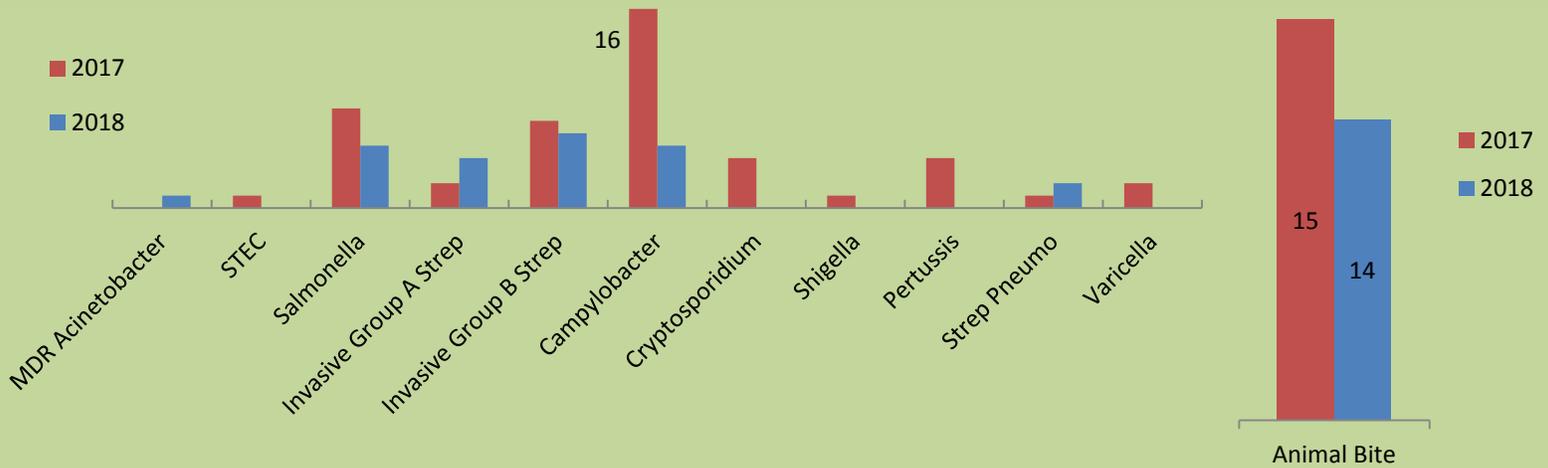
Winter Emergency Car Kit Recommendations

<https://www.cdc.gov/features/winterweather/>

- Cell phone and portable charger
- Extra batteries
- Blankets
- Food and Water
- Booster cables, flares, tire pump, sand or cat litter (for traction)
- Flashlight, battery powered radio
- Compass and maps
- First-aid kit, plastic bags

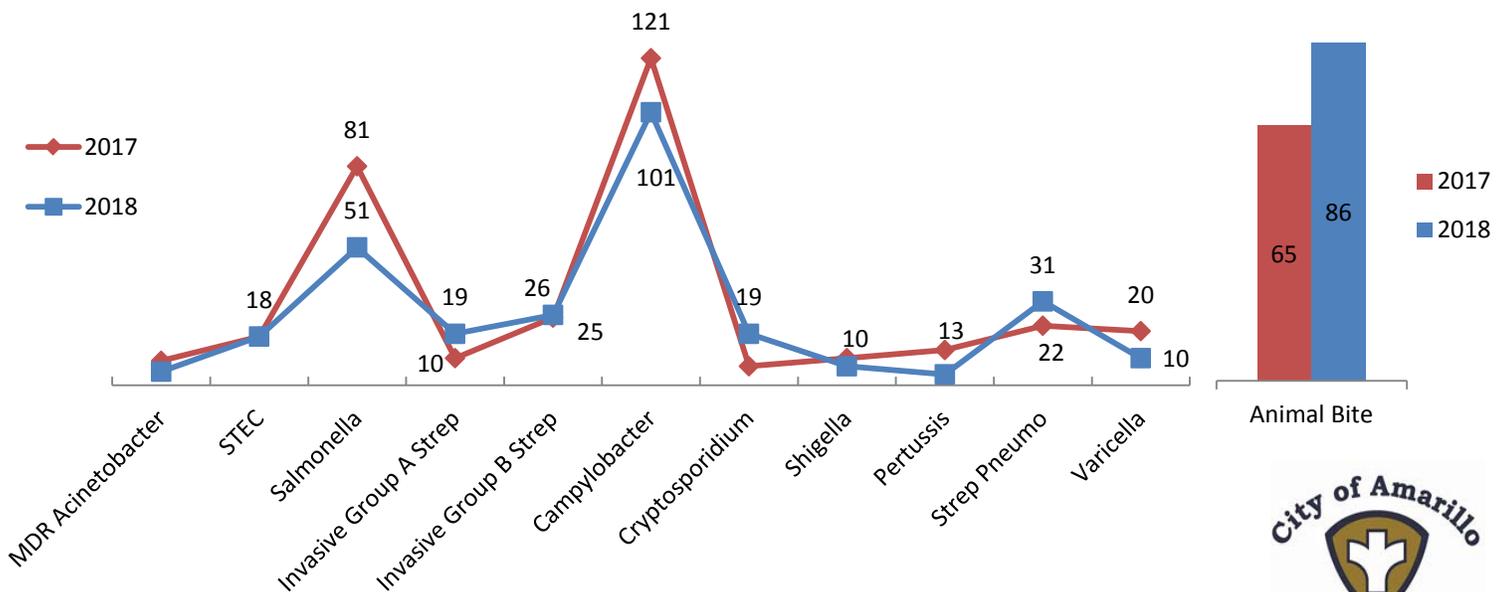
2017 and 2018 November Case Count Comparison of Selected Illness*

*All data are provisional. All data points without labels are <10 cases.



2017 and 2018 January – November Case Count Comparison of Selected Illness*

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Communicable Disease Reporting

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