

Stay Healthy This Winter

Maine CDC/DHHS 2008-2009

Burn Wood Smart and Healthy

- Weatherize your home, such as closing up areas that will let heat escape.
- Have your heating system inspected and cleaned once per year.
- Replace old woodstoves (older than late 1980s) with newer ones that use less wood and burn up to 90% cleaner.
- If using cord wood, burn hardwoods that are clean, dry, and seasoned.
- Never burn garbage, plastics, paints, treated woods.
- Burn small hot fires.
- Split wood into 4-6 inch pieces.

Carbon Monoxide Poisoning – Prevent this Silent Killer

- Put a working carbon monoxide monitor in your home near bedrooms.
- Place generators outdoors in a well ventilated location where there is plenty of air movement, and away from windows or doors.
- Use kerosene heaters in a well-ventilated room.
- Do not cook inside with outdoor cooking devices, including charcoal.
- Do not use indoor gas cooking stoves or ovens or clothes dryers for heat.
- Inspect and clean heating system.
- Recognize the early symptoms (headache, nausea, fatigue, shortness of breath).
- If the detector sounds an alarm, go outside and call 911.

Stay Warm - Prevent Hypothermia

- Dress in layers.
- Wear a hat, scarf, and gloves.
- Keep infants in a warm room, 61-68 degrees Fahrenheit.
- Drink plenty of fluids and warm/hot drinks.
- Eat regular balanced meals.
- Keep active, but not to the point of sweating.
- Keep dry.
- Cut down on alcohol, caffeine, and nicotine – all three cause heat loss.
- Try to keep one room in the house warm.
- Recognize the symptoms of hypothermia – impaired consciousness, sleepiness, confusion, and/or disorientation, shivering (may not see shivering in the elderly or people on certain medications), pale or blue skin, numbness, poor coordination, slurred speech.

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Maine Governor's Stay Safe and Warm Website

http://www.maine.gov/governor/baldacci/contact/citizen_services/safeandwarm.html

211 Maine <http://www.211maine.org/>

