



Latah County Idaho  
 latahcert.us  
 contact@latahcert.us

# NOVEMBER 2024 NEWSLETTER

**CERT MEETINGS:** **First meeting of 2025 (final topic to be determined)** will be January 15th (Wednesday), 2025 from 6:30 – 8:30 pm at the Latah County Fairgrounds Classroom.

## BE WINTER READY, 12 DAYS OF SAFETY AND 988 SUICIDE & CRISIS LIFELINE

During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

**Be Ready! Winter Weather**

**Weatherproof your home to protect against the cold.**

- Install a smoke detector and carbon monoxide detector in your home.
- Have your chimney or flue inspected every year.
- Make sure the batteries are working!
- Insulate walls and attic.
- Caulk and weather-strip doors and windows.

**Check out more tips on winter weather indoor safety.**

**Never leave lit candles or other flames unattended.**

**Bring your pets indoors as temperatures drop!**

**Prepare yourself for exposure to winter weather.**

- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.

**Make sure your car is ready for winter travel.**

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Make a winter emergency kit to keep in your car.

**If power lines are down, call your local utility and emergency services.**

**If power lines fall on your car, warn people not to touch the car or power lines.**

[www.cdc.gov/phpr/infographics.htm](http://www.cdc.gov/phpr/infographics.htm)

### Have extra heat sources in case the power goes out! Here are some things to have in case the power goes out:

- Extra blankets, sleeping bags, and warm winter coats
- Fireplace that is up to code with plenty of dry firewood or a gas log fireplace
- Portable space heaters or kerosene heaters. Check with your local fire department to make sure that kerosene heaters are legal in your area. Use electric space heaters with automatic shut-off switches and non-glowing elements.

Keep in Mind! Turning on the stove for heat is NOT safe.



## More Safe Home Advice!

- ❖ Use battery-powered flashlights or lanterns rather than candles, if possible. Candles can lead to house fires. And never leave lit candles unattended.
- ❖ Generators should be at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- ❖ Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.
- ❖ Never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows. The fumes are deadly.
- ❖ Conserve heat by avoiding unnecessarily opening doors or windows, closing off unneeded rooms, stuffing towels or rags in cracks under doors, and closing draperies or covering windows with blankets at night.

## WHEN THE SNOW FALLS...



Wear loose-fitting, lightweight, warm layers, rather than one heavy layer of clothing.

Take breaks while shoveling snow – overexertion can bring on a heart attack.

Help firefighters by keeping fire hydrants clear of snow.

Ready. FEMA

### Know the signs!

**Frostbite:** Numb, gray-yellow or waxy skin.

**Hypothermia:** Shivering, exhaustion, confusion.

# The 12 DAYS of SAFETY

- Never use lighted candles near trees or boughs
- Keep poisonous plants out of reach of children and pets
- Keep trees away from fireplaces, radiators and other heat sources
- Make sure your tree has a stable platform
- Choose an artificial tree that is labeled fire resistant
- If using a natural tree, make sure it is well watered
- Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire
- Turn off all tree lights and decorations when not in use
- When putting up decorations, use a step stool or ladder to reach high places
- Designate a sober driver
- When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat
- Reheat leftovers to at least 165°F

**Happy Holidays**

**nsc**  
National Safety Council  
[nsc.org](http://nsc.org)

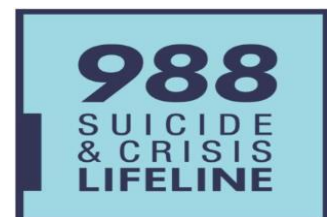
The holidays can be a tough time for some people and talking to someone can be helpful.

There is hope



If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](http://988lifeline.org)

Talk with us.



May your holidays be full of joy and fun!

Sources: "Are you Ready?" – FEMA (September 2020) and WinterReady Partners Toolkit at [Ready.gov](http://Ready.gov) and

<https://www.cdc.gov/winter-weather/safety/stay-safe-during-after-a-winter-storm-safely.html>

Prepared by V. Lawrence – Latah CERT