



**Public Health**  
Prevent. Promote. Protect.

**NORTH CENTRAL PUBLIC HEALTH DISTRICT**

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## Public Service Announcement

**Date:** Nov. 21, 2023  
**To:** All Media  
**From:** Shellie Campbell, Director  
North Central Public Health District  
**Subject:** **Winterize, Weatherize and Protect Your Family!**

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If you haven't already done so, please take time now to prepare yourself and your family for winter weather.

### **Winterize your vehicle:**

Check maintenance/service issues like the antifreeze level, the heating system and the wear on your tires. Also remember to update your vehicle emergency kit to include such items as water, snacks, a shovel and a flashlight with working batteries. For a complete list of recommended maintenance and emergency kit items for your car, please visit the websites listed below.

### **Weatherize your home:**

Weatherize your home to protect against the cold. Also be sure your home emergency kit is up-to-date and includes things like extra blankets, a battery-powered radio and an extra supply of non-perishable foods. For a complete list of recommended winter maintenance and emergency kit items for your home, please visit the websites listed below.

### **Protect your family:**

Learn the signs of hypothermia and frost bite and understand weather warnings. Remember to keep emergency numbers in an easy to locate area, like on your refrigerator. For more great winter safety tips visit the links below.

**Important info for anyone with respiratory issues** - Also keep in mind that stagnant air is often trapped beneath an inversion during the winter. This traps pollutants near the surface, impacting those with respiratory conditions. If this is a concern for anyone in your family, please check Oregon DEQ Air Quality Index at <https://aqi.oregon.gov/> often.

### **Oregon Health Authority:**

<https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWinterStorms.aspx>

### **Centers for Disease Control & Prevention:**

<http://emergency.cdc.gov/disasters/winter/>

### **American Red Cross:**

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm.html>

**FEMA:**

<http://www.ready.gov/winter-weather>

(For more information, please contact North Central Public Health District at (541) 506-2600 or visit us on the web at [www.ncphd.org](http://www.ncphd.org).)

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