



WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

PREPARING FOR A WINTER STORM

IT'S THAT TIME OF YEAR! 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.

HERE ARE SOME TIPS TO PREPARE YOUR HOME AND CAR:

[HTTPS://WWW.CDC.GOV/DISASTERS/WINTER/BEFORESTORM/PREPAREHOME.HTML](https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html)

LISTENING TO WEATHER FORECASTS REGULARLY AND CHECKING YOUR EMERGENCY SUPPLIES IS CRUCIAL YEAR-ROUND, ESPECIALLY DURING THE WINTER MONTHS. FOLLOW THESE STEPS TO MAKE SURE YOU AND YOUR FAMILY MEMBERS HAVE ENOUGH FOOD AND WATER (FOR DRINKING, COOKING, BATHING, ETC.) AVAILABLE IN THE EVENT OF A DISASTER OR EMERGENCY:

[HTTPS://WWW.CDC.GOV/DISASTERS/FOODWATER/PREPARE.HTML](https://www.cdc.gov/disasters/foodwater/prepare.html)



IS YOUR VEHICLE WINTER READY?



DECEMBER 2023 | VOLUME 24

DECEMBER IS...



SAFE TOYS AND GIFTS AWARENESS MONTH



IT'S THE HOLIDAY SEASON, WHICH MEANS TOY-SHARING AND GIFT-GIVING ARE IN FULL SWING. EACH YEAR, THOUSANDS OF CHILDREN ARE INJURED BY TOYS. [CLICK HERE](#) FOR SOME TIPS ABOUT CHOOSING SAFE AND APPROPRIATE TOYS.

LEARN MORE ABOUT THE DANGERS OF TOYS & CHILDHOOD LEAD EXPOSURE [HERE](#).



NATIONAL IMPAIRED DRIVING PREVENTION MONTH



WORLD AIDS DAY - DECEMBER 1



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES - DECEMBER 3

THE WORLD HEALTH ORGANIZATION ("WHO") JOINS THE UNITED NATIONS IN OBSERVING THIS DAY EACH YEAR, REINFORCING THE IMPORTANCE OF SECURING THE RIGHTS OF PEOPLE WITH DISABILITIES SO THEY CAN PARTICIPATE FULLY, EQUALLY AND EFFECTIVELY IN SOCIETY WITH OTHERS. [CLICK HERE](#) TO LEARN MORE.

HOME FIRE PREPAREDNESS CHECKLIST



HOME FIRES ARE THE MOST COMMON TYPE OF EMERGENCY IN THE UNITED STATES AND CAN CAUSE DEATHS, INJURIES AND PROPERTY LOSS WITHIN MINUTES OF BREAKING OUT. SCAN THE QR CODE TO LEARN HOW TO PROTECT YOURSELF, YOUR LOVED ONES AND YOUR HOME.

MINDFUL CORNER: HOPE AND MINDFUL HEALTH FOR THE HOLIDAYS

FOR MANY, THE HOLIDAY SEASON BRINGS JOY, BUT IT CAN ALSO BRING MORE STRESS AND SOME CONFLICTING OBLIGATIONS. SOMETIMES THESE MOOD CHANGES ARE MORE SERIOUS AND CAN AFFECT HOW A PERSON FEELS, THINKS AND BEHAVES. [CLICK HERE](#) TO READ MORE.