



Helpful Winter Preparedness Tips for Older Adults

According to the National Institute on Aging (NIA), older adults lose body heat faster than when they were young.

Review and share the following cold weather safety tips from the NIA on how to stay warm:

- Set your heat at 68°F or higher. To save on heating bills, close off rooms that you are not using. Close the vents and shut the doors in these rooms. Keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house is not losing heat through windows.

Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas and use extra covers.
- Wear a cap or hat.
- Make sure you eat enough food to keep your weight. If

you do not eat well, you might have less fat under your skin. Body fat helps you stay warm.

- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friends.

For more tips, check out Cold Weather Safety for Older Adults at <https://www.nia.nih.gov/health/cold-weather-safety-older-adults>.

Widespread Flu Activity Reported - Take Precautions

State health officials are reporting widespread flu activity level in Kentucky. This is the highest level of flu activity and indicates increased flu-like activity or flu outbreaks in at least half of the regions in the state.

The traditional flu season lasts from October through May. Increased flu activity began earlier this season than usual in Kentucky. Due to the early increased activity this year, both in Kentucky and nationally, increased flu activity is anticipated to continue for several months.

The Centers for Disease Con-

trol and Prevention (CDC) offers these tips to stop the spread of germs:

- Get a flu shot to protect yourself and your family from getting the flu, especially children 6 months and older and those people at high risk for complications related to the flu.
- Try to avoid close contact with sick people.

• While sick, limit contact with others as much as possible to keep from infecting them.

- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-
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Widespread Flu Activity Reported - Take Precautions (*continued*)

-reducing medicine).

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Young children and those who are elderly or have chronic disease are especially vulnerable to the flu's more severe consequences. It takes about 2 weeks following the administration of the vaccine for the recipient to develop protection from the flu. There are ample supplies of flu vaccine available throughout the state. Vaccinations are available at Kentucky's local health departments, pharmacies and medical providers. Many health plans cover the cost of the vaccine with no copay. Kentuckians are advised to call before arriving for a vaccination.

For more information about flu visit <https://www.cdc.gov/flu/index.htm>.

Activity Book Helps Kids During Flu Season

The Centers for Disease Control and Prevention (CDC) has created *Ready Wrigley* to provide parents, guardians, teachers and young children with tips, activities and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family stay health during flu season.

The activity book is designed to provide an interactive tool to help children and families learn the importance of being prepared and staying healthy, in addition to preventing the spread of the flu in your community.

The downloadable activity book is located at https://www.cdc.gov/phpr/readywrigley/documents/16_270945_ready_wrigley_flu.pdf.



Free KOIN Materials Available

There are plenty of free KOIN materials available to members by simply requesting them. If you are interested in obtaining KOIN materials, please contact Barbara Fox, KOIN Coordinator, at BarbaraJ.Fox@ky.gov or call (502) 564-6786, ext. 3102. When requesting materials, please provide the name of the material(s), the quantity requested and a mailing address.

Free Materials Available:

- Folding Pandemic Flu Brochure (English and Spanish versions available)
- Be Safe. Be Prepared. Children's Emergency Preparedness Coloring Book
- Emergency Preparedness Refrigerator Magnet (English, Spanish and Braille versions available)
- Updated KOIN Training Video DVD with Accompanying User's Manual
- Kentucky Emergency Guide Folding Pocket Card
- Updated Kentucky Department for Public Health Brochure with Pictograms (English and Spanish versions available)

All requests for materials are promptly mailed out so please request your KOIN materials today. If you have any suggestions for future KOIN materials related to public health preparedness, please contact Barbara Fox.



HELPFUL EMERGENCY CONTACT INFO:

How to Get Help/Medical Emergency - Dial 911

Poison Control Hotline - 800-222-1222

Disease Reporting Hotline - 800-973-7678

**Division of Emergency Management -
800-255-2587 or 502-607-1611**

KY Dept. for Public Health - 502-564-3970

**Cabinet for Health and Family Services Office of
Communications - 502-564-6786**

Office of Communications
Cabinet for Health and Family Services
275 East Main Street 5C-A
Frankfort, KY 40621

Phone: 502-564-6786
Fax: 502-564-7091
E-mail: BarbaraJ.Fox@ky.gov

We're on the Web!
<http://healthalerts.ky.gov/KOIN>