



WINTER!

Recommendations to prepare
your home (and yourself)
for the season

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Today's Agenda



Home



Travel



Health



Wellness



Winter prep for your home

- **Water & Ice** – insulate pipes to avoid freezing and bursting. Have icemelt ready for sidewalks and driveways
- **Fireplace & Chimney** – clear out build up to prevent stray sparks and ensure proper ventilation
- **Gutters** – clear out gutters to avoid ice dams and roof damage
- **Doors and Windows** – weatherproof to prevent drafts and water intrusion
- **Heating** – clean/replace filters; switch ceiling fans to clockwise to push hot air down into the room
- **Fire Safety** – check your smoke detectors and fire extinguishers
- **Avoid Property Damage** – trim tree branches that overhang structures or electrical wires
- **Know when to call the pros**



Travel during the holidays

Your Vehicle

- Check tire treads & top off fluids
- Don't let your tank get below $\frac{1}{4}$ full
- Check routes for closures or special conditions
- Give yourself plenty of time & let people know when you're expected
- Turn on your headlights
- Clear your vehicle of snow/ice before driving
- Things to keep in your car:
 - Cellphone charger
 - Blankets, Water & Snacks
 - Flashlight

Air Travel

- Give yourself plenty of time
- Pack your patience
- Use TSA Precheck
- Read TSA Guidelines when packing to avoid last-minute frustrations
- Use hand sanitizer
- Consider wearing a mask



Staying healthy this winter

Preventing Illness

- **Wash your hands!**
- **Wipe surfaces daily**
- **Get your vaccines**
- **Eat fruits and vegetables**
- **Daily multivitamin**
- **Stay home when sick**

Preventing Injury

- **Lifting properly**
- **Ladder safety**
- **Clearing pathways of ice and debris**
- **Know when to ask for help or call the pros**



Self Care during the holidays

Managing Stress

- Don't overbook yourself – its ok to say no
- Give your self space and take a few minutes for peace
- Stretch or use breathing techniques for when you feel overwhelmed

Breathing Exercise



**Thank
you!**



References

[10 Tips for Winter Travel - Society Insurance](#)

[24 Tasks for Your Winter Cleaning Checklist - This Old House](#)

[8 Essential Winter Home Maintenance Tips That'll Save You Big-Time](#)

[9 Tips to Stay Healthy During Winter](#)

[8 Self-Care Tips to Prepare Yourself for Winter | Life Goals Mag](#)