

# Tips for Healthy Families in the Winter!



## How to Prevent Colds



- ❖ Wash your hands with soap and warm water *for at least 20 seconds* to get rid of bacteria that can make you sick!
- ❖ Cover your coughs and sneezes! Cough or sneeze into your elbow to prevent other people from getting sick!
- ❖ Get the flu shot! It is available at most pharmacies, and often you can get a shot for free! It is an inexpensive way to prevent you and your family from getting sick!

## Other Helpful Tips!

- ❖ Prevent winter injuries! Salt your driveway before snowstorms and don't shovel large amounts of snow at one time.
- ❖ Winter storms and cold temperatures can be challenging. Stay safe and healthy by planning ahead. Prepare your home by making sure your heating system is working well. Check that your car has a blanket and jumper cables. Prepare for power outages and outdoor activity.
- ❖ Check on older adults in your family during the winter!

## Diet and Health

- ❖ Use winter veggies in your cooking! Kale, carrots, and collard greens are a few options! They are high in vitamins, minerals, and fiber that will help keep you healthy!
- ❖ With the shorter days, it's harder to see the sun and get some Vitamin D. Ask your doctor if taking a Vitamin D supplement can help you throughout the winter season.
- ❖ Too cold to exercise outdoors? Grab your phone or computer and find an at-home workout online! Or find activities you can enjoy with the kids!



This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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Information adapted from the CDC  
<https://www.cdc.gov/features/winter-weather/index.html>