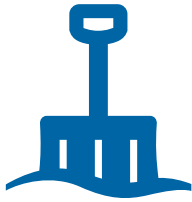


SNOW SHOVELING



Overexertion can lead to a heart attack.

ABOUT 100 AMERICAN CITIZENS DIE

while shoveling snow every winter.



TAKE FREQUENT BREAKS & STAY HYDRATED WHILE SHOVELING SNOW.†

SLIPS & FALLS



When walking outside in winter,

TAKE SMALL AND CAREFUL STEPS. HAVE YOUR HANDS READY TO STEADY YOURSELF SHOULD YOU SLIP.

1 MILLION AMERICANS are injured due to slip and fall injuries annually.**



CO POISONING

OVER 400 PEOPLE DIE every year from carbon monoxide poisoning.*

To avoid carbon monoxide poisoning*:

- **HAVE YOUR HEATING SYSTEM SERVICED EVERY YEAR**
- **HAVE YOUR CHIMNEY CLEANED EVERY YEAR**
- **NEVER USE A GAS OVEN FOR HEAT**
- **NEVER LET A CAR IDLE IN THE GARAGE**

If you find yourself needing care, visit our Urgent Care Center or Emergency Departments:

ECHN's Urgent Care at South Windsor: Mon. – Fri. 9 a.m. – 8:30 p.m. | Sat. & Sun. 9 a.m. – 3 p.m.

ECHN's Emergency Departments at Manchester Memorial Hospital & Rockville General Hospital Open 24/7

SOURCES: *National Safety Council, www.nsc.org/home-safety/safety-topics/other-poisons/carbon-monoxide
**www.powerblanket.com/blog/stats-winter-related-injuries/ † www.bbc.com/news/blogs-magazine-monitor-30119410