

ATCPHD HEALTH CONNECTIONS

WINTER WEATHER PREPAREDNESS

STAY WARM IN A POWER OUTAGE

- **Stay inside, and dress warmly.** Dress in several layers of loose-fitting, lightweight, warm clothing.
- **Close off unneeded rooms to keep the heat in your living areas.**
- **Place a draft block at the bottom of doors** to minimize cold drafts from entering the house.
- When using an alternative heat source, **follow operating instructions**, use fire safeguards, and be sure to ventilate properly. *Always keep a multipurpose, dry-chemical fire extinguisher nearby, and know how to use it.*
- Keep a close eye on the temperature in your home. **Infants and people over the age of 65 are often more susceptible to the cold.** [*You may want to stay with friends or relatives or go to a shelter if you cannot keep your home warm.*](#)
- **Keep your faucets on a slow drip** to keep pipes from freezing. Catch the dripping water in a clean container, sink, or tub. *Turn off the main water supply if your pipes freeze to prevent further damage.*
- **Don't use your stove or oven for heat.** Gas stoves and ovens produce carbon monoxide, and electric ones pose a fire risk when not used as designed.



FOOD SAFETY IN A POWER OUTAGE

- **Keep refrigerator or freezer doors closed.** A half-full or full freezer can freeze foods for 24 to 48 hours. Foods can stay safe in an unopened refrigerator for up to four hours. If an outage lasts longer than four hours, remove and pack meat, milk, and other dairy products in a cooler with ice.
- **Maintain food supplies that do not require refrigeration.**
- **Use safe alternative food preparations.** A barbecue grill is an excellent way to prepare food. **Always grill outside.**




SAFE COOKING PRACTICES

Don't forget to cook your meats to the correct temperature this holiday season!

COOKING TEMPERATURES

- 165°F | CHICKEN, TURKEY, & OTHER POULTRY**
- 145°F | BEEF, BISON, GOAT, LAMB, & PORK STEAKS, ROASTS, AND CHOPS**
- 160°F | BEEF, BISON, GOAT, LAMB, & PORK GROUND MEAT AND SAUSAGE**
- 160°F | EGGS**
- 165°F | LEFTOVERS**
- SEAFOOD**
 - FISH (WHOLE OR FILET) UNTIL FLAKY**
 - SHRIMP, CRAB, LOBSTER, OR SCALLOPS UNTIL WHITE AND OPAQUE**




WHEN SHOULD I GET AN RSV VACCINE?

Adults aged 60 years and older

- Adults aged 60 years and older may receive a single dose of RSV vaccine using shared clinical decision-making.

Infants and young children

To prevent severe RSV disease in infants, the CDC recommends either maternal RSV vaccination or infant immunization with RSV monoclonal antibody. Most infants will not need both.

Vaccination for pregnant people

- 1 dose of maternal RSV vaccine during weeks 32 through 36 of pregnancy, administered immediately before or during RSV season. Abrysvo is the only RSV vaccine recommended during pregnancy.

Immunization for infants and young children

- 1 dose of nirsevimab for all infants aged 8 months and younger born during or entering their first RSV season.
- 1 dose of nirsevimab for infants and children aged 8-19 months who are at increased risk for severe RSV disease and entering their second RSV season.

Talk to your healthcare provider if you have any questions about RSV.

FLU & RSV SEASON

FLU SEASON STRIKES FAST!

This graph shows just how quickly reported flu cases spiked in Taylor County!

