



JANUARY 2015



Winter Safety

In case you are stranded, keep a kit of emergency supplies in your car.

Jumper cables

Flashlights and extra batteries

Cell phone charger

Food items containing protein such as nuts and energy bars

Water for each person and pet in your car

Cat litter or sand for better tire traction

Shovel, Ice Scraper

Blankets or sleeping bags

Flares or reflective triangle

Battery operated, or hand crank AM/FM radio

Baby formula and diapers if you have a small child



"Fear is the father of courage and the mother of safety." Henry H. Tweedy



Winter Driving Safety Tips

Slow down and increase distances between cars

Get plenty of rest before the trip, stop at least every three hours

Stopping distances are longer on slick roads

Plan your route carefully, Notify someone about your plans

Check the weather forecast for the entire route

Compliments of Orleans County VALOR MRC

<https://www.facebook.com/OCVALORMRC?ref=bookmarks>

<http://www.orleansny.com/Departments/Health/PublicHealth/VALOR.aspx>

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|-------------------------|-----------|-------------------------------------|---------------------------------|-------------------------|
| | | | | | 1 | 2 |
| |  | Don't forget your pets! | | New Years Day County Offices Closed | | Fruitcake Toss Day |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | Bubble-Bath Day | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | National Pharmacist's Day | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | Martin Luther King Jr. Day County Offices Closed | | | | National Pie Day | National Complement Day |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | Chocolate Cake Day | | | National Pre-School Fitness Day | |