

Maintain Your Sanity

Cabin Fever has that clever way of creeping in and making life difficult. Keep it at bay by trying the following:

- Get moving:
 - take a jog, do sit-ups, or some yoga stretches
- Find natural sunlight:
 - Open the blinds, or take a walk around the block
- Engage your cognitive activity:
 - start a home improvement project, or read a book by window.
- Change your scenery:
 - Spend time with someone somewhere other than your place
 - If you're working out outside, take a new route or switch up your routine
- Avoid junk food:
 - High-carb and high-fat diets produce sluggishness or irritation
- Cut down on TV time:
 - TV show marathons encourage lethargy, so keep yourself to one or two episodes a day

Below are the sources I used and additional resources for more information about staying safe and sane through the rest of these winter months:

<http://www.cdc.gov/features/winterweather/>

<http://www.menshealth.com/health/how-avoid-cabin-fever-during-endless-winter>

http://readywisconsin.wi.gov/winter/winter_weather_facts.asp

<http://emergency.cdc.gov/disasters/winter/>

<https://www.dhs.wisconsin.gov/climate/weather/winterweather.htm>

Brown County Veteran's Treatment Court

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Have questions, concerns, or need more information?

Just ask!

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Veteran's Treatment Court

Winter Weather Advisory: How to be Prepared through Snow and Ice

Winters can be brutal in Wisconsin, especially on one's health. There's several ways you can stay healthy this year:

- Protect Your Body
- Protect Your Vehicle
- Be Prepared with First-Aid
- Keep the Cabin Fever Away



In the Outdoors

You're going to be spending time outside, whether it's moving from place to place or clearing snow. Keep the following in mind before you open the door:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches (this will help with traction)
- Learn safety precautions to follow when outdoors:
 - **Be aware of the wind chill factor (this is one of the most deadly parts of winter)**
 - Use the Buddy System (take someone and an emergency kit with you when you are participating in outdoor recreation)
 - Carry a cell phone in case of an emergency

Vehicle Maintenance

While your vehicle might not be a person (even if you've named it), it still needs protection against the cold and snow to prevent unnecessary damage:

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.

First-Aid for Winter

Fun Facts About WI Winters

The lowest temperature EVER in WI was on February 2nd and 4th in 1996 at -55 degrees!

The greatest single snowstorm snowfall record is 31 inches in Superior over the course of three days in 1991!

Wisconsin has reached temperatures colder than the South Pole AND Mars!

Being prepared for anything isn't just a Boy Scout motto, it's advice to live by in facing Wisconsin winters. Emergency kits are an easy way to take on any challenge Mother Nature throws your way. The following are just a few items that can help:

- Blankets and spare winter gear such as boots, heavy mittens, and hats
- Food and water
- Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction and to weight your back tires)
- Compass and maps
- Flashlight, battery-powered radio, and extra batteries
- First-aid kit

