



NEWS RELEASE



For Immediate Release

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(11/18/25) Be Ready for Winter Weather Before It Strikes (Get-Ready Tips from Southern 7 Health Department)

With the days getting chilly, now is a good time to get ready for winter weather before it's here. The first week of November was Winter Weather Preparedness Week. Southern 7 Health Department encourages everyone to follow some basic tips from the National Weather Service to keep you from being left out in the cold.

- Make sure your home emergency kit and winter storm ready.
- Use sand to improve traction and apply products that melt ice on walkways.
- Make sure you have sufficient heating fuel. Regular fuel sources may be cut off.
- Keep emergency heating equipment and fuel so you can keep at least one room of your house warm enough to be livable.
- Keep fire extinguishers on hand, and make sure your family knows how to use them.
- Winterize your home to extend the life of your fuel supply. Insulate walls, attics, doors, and windows.
- Install storm windows or cover windows with plastic.
- Do not overexert yourself or work outside for extended periods of time.
- If you have outdoor pets and/or farm animals, make sure to winterize their sleeping space.
- And finally, make sure to check on those living alone.

For more helpful winter preparedness tips, visit [weather.gov/ilx/winter-prep](https://www.weather.gov/ilx/winter-prep) or call Southern 7 Health Department at 618-634-2297, ext. 971123.

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