
Must-know Winter Tips

Our friends at *Farmer's Almanac* have come up with a creative list of tips to help get you through the dangerous conditions winter can bring:

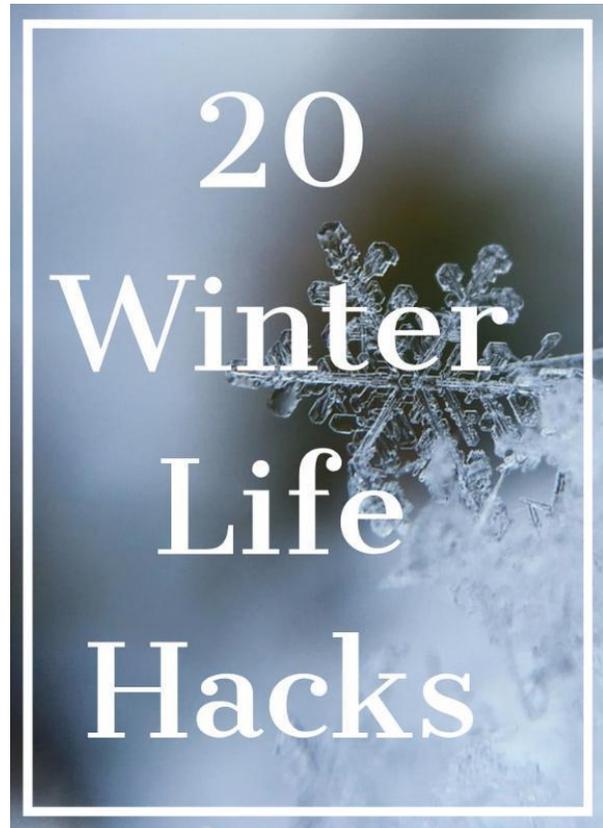
1. Socks on the go! Pack an extra pair of socks in your car's glove compartment. Then if you need to get out and shovel, or if you step into a puddle, you'll have dry socks to change into. And put those mismatched socks to use: use them as wiper blade covers!

2. Ceiling fans are not just for summer. Flip the switch to reverse the spin of the fan and turn on the lowest speed to blow warm air down from the ceiling.

3. Use energy from the sun. During the day, open drapes and blinds to allow sunlight to help warm the house, and then close at night to hold the heat in.

4. Dress in layers! Find the blankets, wool sweaters, and socks. If you can dress in layers while watching TV or working from home, you may be able to keep the heat at a minimum during certain times of the day.

5. Keep a bag of clay kitty litter in your car's trunk. If your car gets stuck in deep snow or slick ice, sprinkling kitty litter (non-clumping) at the base of your tires can be just the thing to add some traction and get things moving again. The extra weight in your trunk



will also create added pressure on your tires, ensuring greater contact between your tread and the ground.

6. Make a fertilizer spreader do double duty. Use it in winter to scatter sand on icy walkways.

*****Note from wellcare®: Although we do not recommend using fertilizers near your well system, a clean 'fertilizer spreader' would be a handy tool for this purpose.*****

7. Clogged snowblower? Simply spray the snow blower's clean, dry auger and inside the discharge chute with cooking spray, such as Pam®, before launching into snow drifts. You can also spray it on your shovel so snow won't stick.

8. Don't smoke or drink coffee before shoveling. Caffeine and nicotine are stimulants, and can add extra stress to the heart.

9. Prevent food spoilage. It might seem like a no-brainer, but if you lose power from a winter storm, don't let food spoil in the fridge. Pack it in coolers and move it outdoors (provided it's 30 degrees F or colder), or bury it in the snow safely so wildlife cannot get to it.



10. Learn to walk like a penguin. To walk safely on ice, walk like a penguin. Point your feet out, and hold your arms out slightly to your side. Shuffle, and take short steps.

11. Easy de-icer. Fill a clean spray bottle with 1 part water and 2 parts rubbing alcohol and store it in your car during the cold weather months. Spray it on your frosted windshield and windows on those chilly mornings to make scraping easier.

12. Gas up! During cold weather months, it's a good practice to keep at least a half a tank of gasoline in your vehicle at all times. Not only does it prevent you from being stranded, but it prevents any water in the tank from freezing, which can damage the fuel pump.

13. Frost-free mirrors. Place plastic bags over your car mirrors at night and they'll be frost-free in the morning. Reuse them over and over.

14. Get some traction! Your car's floor mats can help you get unstuck from snowy or muddy conditions in a pinch. Place your front floor mats under the spinning tire to give you some traction. Just don't forget to retrieve them after you get moving!

15. Frozen locks? Squirt a little hand sanitizer on them. The isopropyl alcohol that kills germs also lowers the freezing point of water, and can melt the ice inside the lock within seconds.

16. Save your skin. Skip the long, hot showers, which can dry out skin. Try taking a lukewarm shower, for a shorter duration.

17. No ice scraper? A plastic card, such as an old gift card, from your wallet works in a pinch.

18. Grab a roll of duct tape and keep it in the car. Not only does it fix everything, but you can use it as a fire starter -- duct tape is very flammable and is a great tool to get a fire going in an emergency.



19. No more icy walkways. Alfalfa meal, which is an effective fertilizer and sold in most garden stores, is great for melting ice. And it's 100% organic so it's less of a threat to local water systems when used in moderation. Because it is dry and grainy, it also can add traction on slippery walkways.

*****Note from wellcare®: We love all these tips, but we especially love #19 since it is an eco-friendly salt alternative! Plus, not everyone can constantly shovel during a snowstorm and of course there is always ice after the snow! Just remember to use it sparingly.*****

20. To keep pipes from freezing, wrap them in insulation or layers of newspaper, covering the newspaper with plastic to keep out moisture.

*****Note from wellcare®: We also have our own tip to help protect your well from getting damaged by snow blowers and plows: Don't pile anything around your well, including snow,***

and consider adding a fiberglass driveway marker to help with locating the well.**