



## Freeze Day - Staying Warm with WICOR

How is this WICOR Wednesday going to be different than SNOW DAY WICOR Wednesday you ask?

Well, let me tell you!

This is about staying safe - more ways to take care of you and your family!  
Yes... many connect to Organization, Inquiry, Collaboration and Reading

<b>Warm yourself first</b>	It's easier to change your body temperature than room temperature, not to mention more eco-friendly. Instead of turning up the heat, put on another layer of clothing. (pick something out of that drawer you Maria Kondo'd last week!)
<b>Wear a hat</b>	Your mom may have said that you lose 80 percent of your body heat through your head, but that's <u>not actually true</u> . If you're otherwise clothed, you'll lose heat from any surface that's exposed. So put on your hat, even if you're inside. (mom is always right!)
<b>Turn on the ceiling fan</b>	Warm air rises to the ceiling. Run your fan on its lowest setting in a clockwise direction to <u>push the warm air back down</u> to where you can feel it.
<b>Switch between hot and cold in the shower</b>	Hot showers immediately warm you up, but cold showers <u>improve blood circulation between your skin and organs</u> . Cold showers are also correlated with <u>a stronger immune system</u> .
<b>Block drafts with a pool noodle</b>	Keep heat in and cold out by cutting a pool noodle in half lengthwise, wrapping it in fabric, and sliding it under your door. It'll stay put all winter, and you can re-use it at the pool come summer. (But we recommend you spring for a new one.) (Craft time!)
<b>Two words: Programmable Thermostat</b>	Another two words: Obvious, right? Stay toasty on schedule, so you never go home to a living room that's colder than outside. You can even <u>do it with your smartphone</u> . (read the directions!)
<b>Trick a locked thermostat</b>	Not everyone has access to adjust the thermostat in their apartment or office building. If that's the case, you may need to outsmart the device by making it "think" the room is colder than it actually is. <u>Putting ice near it</u> often does the trick. (outsmart!!!!)
<b>Dress your windows up in warmer clothes</b>	If you're not wearing a tank top or going sleeveless, your windows shouldn't, either. <u>Replace thin curtains</u> with heavier wool or fleece drapes in the winter. But be sure to open them on sunny days for free heat. (where did I put those curtains?)

<b>Go ahead and bake all day</b>	Using your oven heats up the whole house. You'll feel even cozier if you invite friends—and all their body heat—over to eat four dozen cookies. (read those recipes!!)
<b>Layer your covers with the thinnest, densest first</b>	It's intuitive, but fluffy blankets should be closer to your skin. Thin, dense blankets should be on top to prevent convective heat loss. Bonus tip: Don't put your bed directly against an exterior wall. You'll be warmer if you leave a little space. (organize)
<b>Stuff your coat pockets with DIY hand warmers</b>	You could just buy hand warmers, but you'll radiate pride and self-sufficiency if you <a href="#">make them yourself</a> . All it takes is two Ziploc bags, water, and calcium chloride ice melt pellets from the hardware store. (read!)
<b>Bundle up (and Swap Out the Leggings)</b>	It might seem obvious, but piling on a few extra layers is a great way to stay warm, especially if you have to be outside. Keeping your core warm is especially important when temperatures dip below freezing, so try wearing an extra shirt or two under your coat. Worried about looking bulky? Many sporting goods companies make cold-weather gear that is slim enough to be worn even under work clothes. For ladies who love wearing leggings, try swapping them out for long underwear. Several hiking-gear companies make long underwear that has the same look as leggings and will help keep you warm. A bonus: Most long underwear is meant to dry quickly, so leftover snow and slush won't leave your legs damp. (what no leggings?)
<b>Indulge in foods that keep you warm</b>	You already know that eating healthfully in the winter is important to fend off colds and the flu, but did you know it might help keep you warm, too? Eating extra healthy fats during the winter can help rev up metabolism, <a href="#">which in turn heats the body</a> , according to Columbia Health. If your New Year's resolution was to drop a few pounds, don't worry -- you can always skip the extra fat and try eating warmer foods and drinks. Try soups, spicy foods, hot coffee and teas to fend off the chill! (permission for a cheat day!!!)
<b>Keep your toes warm and toasty</b>	<a href="#">Hypothermia is most likely to begin in extremities like your hands and feet</a> , so keeping your toes warm is important. Whether you're walking to work or just around the block, make sure to wear sturdy, insulated shoes that will help prevent slips on slick surfaces and keep your feet dry.
<b>Remember the “Three feet” rule</b>	Space heaters are a great way to add extra heat to colder rooms, but always remember to keep anything flammable <a href="#">at least three feet away</a> from the heater at all times. Flammable items include clothing, rugs, bedding and curtains. Also remember to place the heater on a hard, non-flammable, stable surface and to turn it off completely before leaving the house. Set a reminder on your phone if you're afraid you'll forget.
<b>Watch out for furry friends</b>	Always remember to bring pets inside when temperatures begin to drop. If you have or know of animals that can't come inside (such as farm animals or neighborhood feral cats that you care for), provide enough bedding and insulated shelter for them to keep warm. If temperatures are below freezing, remember to check their water and replace it if it has frozen. (those poor pups that have to go outside to do their business )

<b>Monitor Fires</b>	<p>It's easy to snooze in front of a roaring fire, but always make sure that fireplace embers are completely out before going to bed for the night.</p> <p>Wood fireplaces should always have a glass or metal fire screen large enough to catch sparks and rolling logs.</p>
<b>Assemble a Car Emergency Kit</b>	<p><a href="#">Check the CDC's car emergency checklist</a> to ensure you are prepared in case you have a roadside emergency during inclement weather. (lot's of winter left - unfortunately - read, plan, organize)</p>
<b>Keep Heat Constant</b>	<p>Setting your thermostat at the same temperature day and night will help prevent your pipes from freezing and bursting. While avoiding a high heating bill might be tempting, you could be protecting yourself from costly repairs from frozen or burst pipes.</p> <p>If you are going to be away from home for an extended period of time, don't lower heat below 55 degrees.</p>
<b>Protect Pipes</b>	<p>Keeping the heat on isn't the only thing you can do to protect pipes from freezing.</p> <p>State Farm suggests letting your hot and cold faucets drip overnight and opening cabinet doors to allow heat to get to uninsulated pipes under sinks and on exterior walls.</p> <p>Locate the water shut-off valve in your home in advance of a water emergency, so you know where to go if a pipe bursts. (or it looks like call Jill Schmoltdt - she knows how to defrost the pipes! Way to use that hair dryer Jill!)</p>
<b>Know the Terms</b>	<p>Familiarize yourself with terms: (wait - what? VOCABULARY!!!)</p> <ul style="list-style-type: none"> <li>● <b>Freezing Rain</b> - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.</li> <li>● <b>Sleet</b> - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.</li> <li>● <b>Winter Weather Advisory</b> - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.</li> <li>● <b>Winter Storm Watch</b> - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.</li> <li>● <b>Winter Storm Warning</b> - A winter storm is occurring or will soon occur in your area.</li> <li>● <b>Blizzard Warning</b> - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.</li> <li>● <b>Frost/Freeze Warning</b> - Below freezing temperatures are expected.</li> </ul>
<b>Write Down Important Utility Numbers</b>	<p>Heavy snow and ice can settle on power lines and cause power outages. Write down utility numbers and have them handy during a storm in case you need to report an outage or incident. (a stretch - but you are using a pen/pencil LOL)</p>
<b>Watch for Signs of Hypothermia</b>	<p>Prolonged exposure to cold temperatures can result in hypothermia, or abnormally low body temperature. A body temperature that's too low can affect the brain, which makes hypothermia particularly dangerous because the victim may not know it is happening.</p> <p>Hypothermia is most likely at very cold temperatures, but it can occur even at merely cool temperatures (above 40°F) if a person becomes chilled from rain, sweat or submersion in cold water. (JUST STAY INSIDE TODAY!)</p>

