



## Health and Safety Advice for Fall and Winter

The following information can help you handle cold temperatures and maintain your home comfort all winter long.

### Stay warm, stay safe

Dressing properly is one of the easiest ways to protect yourself from the cold. When outside:

- ▶ Wear a hat and scarf to retain body heat.
- ▶ Wear multiple layers of loose clothing (as opposed to one heavy layer) to trap warm air around your body. Avoid tight-fitting clothes.
- ▶ Wear mittens instead of gloves—they're warmer.

### Stay warm while sleeping

- ▶ Wear a nightgown or pajamas, and socks.
- ▶ Put extra blankets, comforters or quilts on your bed.

### Some facts about hypothermia

Hypothermia, or cold stress, happens when exposure causes the body temperature to fall below 95°F. It is important to remember that a person need not be exposed to cold to suffer from hypothermia. Older people, infants and those weakened by chronic illness are especially susceptible and may be vulnerable, even when indoors, if the room is below 70°F. If you know someone who might be susceptible, remember to call them regularly. If you think you may be susceptible, have a friend, neighbor or family member call you daily.

### Symptoms of hypothermia

When any of the following symptoms are noticed during cool or cold conditions, suspect hypothermia.

- ▶ A sudden change in appearance or behavior
- ▶ Skin that is cool to the touch
- ▶ Drowsiness and difficulty speaking
- ▶ Cold and stiff muscles
- ▶ Shivering
- ▶ Chest pain
- ▶ Slowed breathing
- ▶ A puffy or swollen face
- ▶ Trembling in an arm, leg or on one side of the body
- ▶ Difficulty with coordination and balance

### What to do if you suspect hypothermia:

- ▶ Call a doctor, ambulance or rescue squad
- ▶ Handle the person very gently, wrapping them with quilts, blankets or towels
- ▶ Cover the person's head or neck

### What not to do.

Hypothermia should be treated only at a hospital. Efforts to rewarm a person at home can cause heart failure. Therefore:

- ▶ Do **NOT** give the person hot drinks or hot food

- ▶ Do **NOT** place the person in a hot tub or shower
- ▶ Do **NOT** give any alcohol or drugs
- ▶ Do **NOT** massage their arms and legs

### Natural gas safety (NY only)

Natural gas is safe as long as it is used properly. It's important to ensure that your heating equipment is installed and maintained correctly.

### If you smell gas:

- ▶ Anytime you think you smell gas, take immediate action. Get all occupants out of the house immediately and call us from a neighbor's house. Do not call from your house or use the phone for any reason. Also, do not strike a match or switch on lights or appliances. Any of these may cause a spark that could start a fire or explosion. Call us at **1-800-892-2345** (Upstate), **718-643-4050** (NYC) or **1-800-490-0045** (LI).
- ▶ Do not return home until we've inspected your home and told you that it is safe.
- ▶ Never try to put out a fire you suspect may be caused by escaping gas. Leave immediately.

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Это очень важное сообщение.  
Пожалуйста, попросите чтобы  
вам его перевели.

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## Carbon Monoxide: protection and prevention

Carbon monoxide is a highly poisonous gas that is colorless, odorless, tasteless and virtually impossible to detect. Symptoms of carbon monoxide poisoning are similar to the flu and include headaches, dizziness, weakness, sleepiness, nausea, confusion, tightness of the chest, fluttering of the heart, redness of the skin and loss of muscle control.

If you suspect carbon monoxide is present in your home, immediately go outside and breathe deeply. If symptoms are severe, get medical attention right away by calling 911.

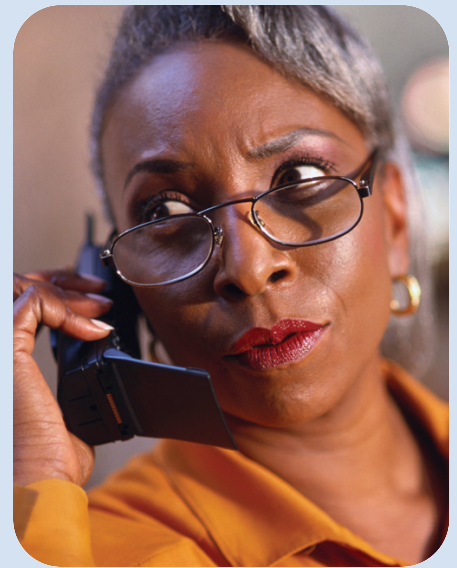
Please note that when you call to report a gas odor or suspected carbon monoxide poisoning, emergency responders need immediate access to the premises. If you or a designated person will not be there to provide access, they will, if needed, enlist the help of fire or police departments to gain entry. Any damages and expenses that result are the responsibility of the homeowner.

To protect against carbon monoxide poisoning here are some steps you can take:

- ▶ Install a UL-listed home carbon monoxide detector
- ▶ Arrange for an annual check of your heating system by a licensed professional heating contractor. If you haven't had your heating system inspected yet, call now
- ▶ Check chimneys or flues for debris, bird nests or other blockages, and have them cleaned periodically
- ▶ If your furnace vents in a way other than through a chimney, make sure that the vent is clear of leaves and other debris
- ▶ Be sure space heaters and wood stoves are in good condition, have adequate ventilation and are used in strict compliance with manufacturer's instructions

- ▶ NEVER use a gas range for heating, burn coal or charcoal in an enclosed space
- ▶ NEVER leave a car idling in a closed garage
- ▶ If you use a back-up electricity generator, install it outside. Open windows do not provide sufficient ventilation to safely operate a generator indoors

Additional information about safety can be found at [www.nationalgridus.com](http://www.nationalgridus.com)



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