

Hypothermia kills 600 people nationally each year – more than half are 65 and older. Watch out for your elderly relatives and neighbors.



For more information on
Ulster County Winter Watch
2008-2009

go to:

www.co.ulster.ny.us

More Information

- [Weather Advisory](#)
- [Home Emergency Kit](#)
- [Safety Tips](#)
- [Food Assistance](#)
- [Utilities](#)
- Temporary Housing
- [Neighbor helping neighbor](#)
- [Transportation](#)
- [Winter Watch Call List](#)

Resources

“Need Help Finding Help?”

Dial 2-1-1

For Information on Available Resources

Ulster County
Home Energy Assistance Program –
HEAP

334-5436

Nutritional Program

334-5200

Office for Aging

340-3456

UCAT (Transportation)

334-8458

1-888-827-8228

Family of Woodstock

338-2370/255-8801/647-2443

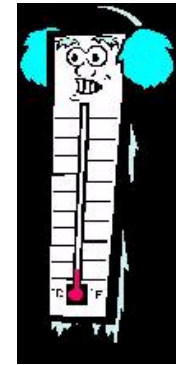
United Way of Ulster County

331-4199

American Red Cross

338-7020

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AVOIDING A CRISIS:

Preventative measures and important information for keeping your family safe and warm this winter season.

Save \$\$\$ and Energy

- Consider buying a programmable thermostat to automatically lower the temperature at night or when no one is at home.
- Open blinds during the day to allow sunlight in, close them at night for added insulation. Consider insulated drapery.
- Keep vents & radiators free of obstructions.
- Install storm windows or seal with plastic.
- Keep warm air in and cold air out by adding insulation, caulking and weather stripping around doors and windows.
- Reverse the direction of ceiling fans.
- Lower the temperature of your water heater; wrap it in a specially designed insulated blanket.

Maintenance

- Call your heating company **NOW** to schedule seasonal preventative maintenance on your central heating system.
- Change the filter in your forced hot air heating system at least **once a month**.
- Bleed air trapped in a hot water system at least **once a year**. If you are not sure how to do this, contact a professional.
- Contact a professional to inspect and clean chimneys and flues **before** each heating season. Creosote build up in wood burning appliances is a serious fire hazard.

Heating and cooling account for 50-70% of the energy used in the typical American home.

Consumer Tips

Full service heating companies provide maintenance on your central heating equipment and deliver fuel. **Delivery-only** companies may be cheaper, but they may not maintain your system if it breaks down.

Budget billing plans spread the cost of fuel out over several payments. Make certain you know if the option you are choosing guarantees a locked in price if the cost of fuel goes down as well as up. Be certain of the financial stability of the company – if they go out of business, you *could* lose your money.

Automatic delivery ensures you will not run out of fuel. Delivery schedules are calculated based on degree days.

If you are not on automatic delivery, for example if you are a cash on delivery customer, make sure you check your tank often and order fuel when the gauge reads ¼ full. **Do NOT let your tank run out of oil.** This will cause air in the lines which will need to be removed before using the furnace again.

An **energy audit** is a smart way to determine if your home is energy efficient. If you hire a contractor to perform an energy audit, make sure they are qualified and reputable.

Additional information may be found at:
US Dept. of Energy: www.energy.gov
NYS Energy Research & Development Authority : www.nyserda.org
www.getenergysmart.org
www.powernaturally.org
www.HeatSmartNY.org

Safety Tips

Alternative fuel appliances

- **Never** use flammable liquids to start a fire in your fireplace.
- Keep a screen around any open fireplace.
- Make sure the damper is open and keep it open until ashes are cool.
- Store ashes in a fire proof container with a lid; keep it outdoors and away from combustibles.
- Space heaters should only be used on hard, level, noncombustible surfaces. Keep heaters at least 3 feet away from combustible materials.
- Keep children and pets away from space heaters.
- **Never** use an extension cord to power electric space heaters.
- **Never** use a gas stove for heating.
- **Never** use a charcoal grill indoors.
- Know if your local fire and building codes allow the use of kerosene heaters and outdoor wood furnaces.
- If you are using a portable kerosene heater, make sure **fresh air** is introduced into the home.

Have a smoke detector and carbon monoxide detector on each level of your home and outside all sleeping areas. Change the batteries at least twice a year. Remember, carbon monoxide is colorless and odorless. The symptoms of carbon monoxide poisoning include dizziness, sleepiness and headaches.