

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Get ready for winter

Here are tips for getting your home, yard and car ready for the snow.

Inside your home: It's time to get your furnace and fireplaces cleaned, and ensure they're in working order. Install a carbon monoxide detector, or double-check that the one you have still works. Check weatherstripping on doors for cracks and replace if necessary. (Remind your landlord if you rent.)

In the yard: Put away garden hoses. Rake leaves and put up your Christmas lights before the snow falls. Buy de-icer or sand for your sidewalks, and book a snow removal service if you don't like shovelling.

Car care: Install winter tires. Replace broken wiper blades and add winter windshield washer fluid to your car's reservoir. Check the battery. Ensure your car has an emergency kit, and add a shovel and a sleeping bag to your trunk, in case you get stranded or stuck.

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email apple.mag@ahs.ca