



Getting Ready for Winter

Presented by Tarra Thompson

Rev. 2018-10-15 Lupus Ontario Support and Education Committee



Things to Prepare

- Get out your winter gloves, coat, boots, socks.
- Your bed gloves, ensure not tight at wrists.
- Your bed socks, ensure not tight at ankles.
- Long Johns, winter pyjamas.
- Are your warm blankets and comforter clean?
- Do you have your couch blankets, lap quilts or afghans in place and clean?

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Things to Prepare

- Do you make meals with fresh vegetables and freeze them for when you don't feel good?
 - Is the freezer stocked: meat, fish, chicken, wild game, vegetables, fruits, already prepared meals.
 - Canned goods: vegetables, beans, lentils, fruits, soups.
 - Dry goods: quinoa, brown rice, beans, lentils, wild rice, millet, multigrain flour, pasta, dehydrated fruits and vegetables, nuts, seeds.
 - Shelf stable foods: cooked/vacuum pack brown rice/quinoa/lentils, non dairy milk, juice tetra packs, soup tetra packs, soup stock, etc.
 - Safe or bottled drinking water.

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Things to Prepare

- Do you have spare over the counter meds, for example, cough syrup, vitamins, minerals, probiotics, homeopathic remedies, oregano oil, grapefruit seed extract, etc.
- Spare toilet paper, toothpaste, eye drops, moisturizing, mouth rinse.
- Hot water bottle, microwavable hot packs.
- Sun screen, sun glasses, hat for snow glare.
- Flannelette sheets/pillow cases, cotton or other non allergenic blankets.

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Prepare Your Home

- Flu vaccine if not allergic to it
- Shingles vaccine, Shingrix, etc.
- Pneumonia vaccine
- Sinus rinse products with sea salt, like NeliRinse, neti pot
- Essential oils for infuser, tea tree, lemon, peppermint, eucalyptus
- Chop adequate wood
- Ensure propane tank is full
- Clean fireplace vents

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Prepare Your Home

- Clean or replace furnace filter, have annual furnace inspection if natural gas or propane fuelled.
- Stock up on sand, salt, urea if you have sidewalk or driveway.
- Arrange snow shovelling.
- Clean humidifier and move to where it is used.
- Clean heat registers or radiators.
- Ask for help when you need it.

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Prepare For Buses

- Check changes in the bus routes to your appointments, school or work.
- Get out and clean your winter clothing/boots suitable for standing where there may not be a bus shelter.
- Consider the wind chill factor.
- Use protective face cream and lip balm, sunscreen and eye protection.

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Summary

- Be prepared!
- Winter can be fun and not just a trial. Pace yourself to avoid or reduce flare ups of symptoms.
- Try winter sports if you are able, snowshoeing, cross country or downhill skiing, tubing, walking, etc.
- You have choices.
- Have a safe and enjoyable winter.

Rev. 2018-10-15