



Utah Parent Center
Special needs, extraordinary potential

Emergency Preparedness

Utah Parent Center

230 West 200 South
Suite 1101
Salt Lake City, UT 84101
801.272.1051
1.800.468.1160
info@utahparentcenter.org
www.utahparentcenter.org

Fall Back

Autumn is here and it is time to fall back!

On the first Sunday in November, we come to the end of Daylight Savings time in Utah. With an extra hour in this day – and winter on the way – it is also a great time to check on some important home preparedness items.

Set your clocks back one hour. The time-honored ritual of settings clocks back is upon us as daylight saving time comes to an end.

Replace the batteries in your smoke and carbon monoxide alarms. If you have smoke alarms with removable batteries, it is a good idea to replace them on regular intervals. Replacing batteries when the time changes is an easy to remember date to check the batteries.

Smoke alarms should be placed in each bedroom, outside sleeping areas, on every level of the home, including the basement. Larger homes may need more alarms. Smoke alarms and carbon monoxide detectors should be tested monthly.

According to the US Fire Administration, smoke alarms should be replaced every ten years. Many of the newer models have permanent, long lasting batteries that do not need replacement.

Replace light bulbs. Since you will already have your stepladders out to reach smoke detectors and clocks this is a good time to check and replace light bulbs. Consider replacing conventional bulbs with energy-efficient bulbs.

Energy.gov states this is the fastest way to cut your energy bills. Just make sure your new bulbs have earned the Energy Star rating.

Replace your furnace filter. It is recommended that the average furnace filter be changed at least 3-4 times per year, depending on your type of furnace filter and the occupants of your home. A new filter makes your furnace more energy-efficient and saves money too.

Questar Gas recommends that your furnace be inspected by a qualified heating professional on an annual basis to ensure the furnace burners are properly adjusted and the furnace is properly vented.

Check weather stripping around doors and windows. A visual inspection around your doors and windows for weather stripping or caulking that may need to be replaced will reduce the amount of cold air that may leak into your home.

Energy.gov offers simple techniques and recommendations for weatherizing your home including air sealing, insulation, weather-stripping and caulking.

Prepare for cold and flu season. Cold weather is here and so are colds and the flu. Stock up on supplies such as tissues, soap, hand sanitizer, and paper towels. Check your medicine supply for current over-the-counter medications like fever reducers, decongestants and cough syrup. In the pantry, stock up on canned soup, ginger ale or lemon-lime soda, crackers and sports drinks to help combat dehydration.

The CDC reports the single best way to protect against the flu is to get vaccinated each year.