



**Consumer
Health
Action
Network**

NEWS DECEMBER 2006

Stay warm this winter!

If you are a homeowner or if your heating costs are included in your rent, you might qualify for a Connecticut Energy Assistance Program (CEAP). Several programs are available to help CT residents with their heating bill and in conserving energy.

Call 2-1-1 Infoline or visit <http://www.ct.gov/dss/cwp/view.asp?a=2353&Q=305194> to get further information on CEAP, to see if you qualify and to learn how to apply.

5 Tips to protect yourself from the Cold:

1. Layer your clothes with sweaters, thick socks, coats, boots, gloves, etc.
2. Stay out of the wind and reduce the time you spend outdoors.
3. Be aware that tobacco, alcohol and certain medications will increase your susceptibility to the cold.
4. Check children's faces, fingers, ears, and toes for signs of shivering, numbness, or pale skin.
5. Stay physically active to increase your metabolism and generate heat.

Consumer Health Action Network 1-888-873-4585

From the CT Health Policy Project with funding from the Universal Health Care Foundation of CT



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