

Thrive

APRIL
TOOLKIT

Spring
INTO
ACTION





April Toolkit

What does the phrase, "spring into action," mean to you? Often, the warmer weather reminds us it is time for spring cleaning, planting flowers, starting a vegetable garden or adding movement to your day. This month's toolkit features ways to spring into action in many realms of life.

Spring Into Cleaning

It may be a time-honored tradition in your home or it may be something overwhelming that you tend to avoid. However, a clean and organized living space can make your day-to-day life less stressful and overall more enjoyable. Start off your spring cleaning this season with these tips for tidying up your life!

The fridge and pantry. Sometimes we forget to throw out things we can no longer use and it leads to clutter in the cupboards. Before your next trip to the grocery store, look through your fridge and pantry and check expiration dates on things you haven't touched in a while.

The junk drawer. This can seem like an intimidating task at first, but if you go through it one item at a time, you may find you don't have a real need for many things in there. Relocate things that don't belong and put other needed things back in an orderly manner.

Icky sticky toys. A quick and simple way to clean kids' toys is to throw them in the dishwasher. Choose the crystal or quick cycle option and they'll come out sparkling new. For stuffed animals, put them in a pillowcase and then run that through the washer on a gentle cycle.

The closet. Spring is a great time to go through your wardrobe and decide what you still wear and what you don't need anymore. Consider taking lightly worn clothes to your local donation center.

Happy National Move More Month!

April is a great time to think about moving your body more! It's the start of spring and the weather is getting warmer. Here are a few ideas of how you can "spring into action" during this month of movement!



April is also National Garden Month. Try starting a small vegetable garden in your backyard. Not only will you add some movement into your day, but you will reap the rewards in fresh foods you grew yourself.



Go for a bike ride! Biking is a great form of exercise because it is easy on the knees and still gets your heart and blood pumping. Try biking in your neighborhood or around Lake Hefner to enjoy the beautiful outdoors.



Take your furry, four-legged friend on walks! Our pets love getting exercise just as much as our bodies do. Having a pet can help with the accountability of getting some movement into your day.



Try yoga. You don't need to attend a gym class to do yoga. Watch a YouTube video or teach yourself. Yoga is a great way to relax and strengthen the mind and body.



Park farther away. It may appear simple and easy, but walking the extra distance is a great way to add some quick movement into your everyday life!

Be Ready! Tornadoes

www.cdc.gov/phpr/infographics.htm

SPRING INTO PREPAREDNESS

Oklahomans know spring brings the risk of severe weather. Planning ahead for weather can save you stress and possibly even save lives. Remember: it is better to be safe than sorry.

Get out!

Don't stay in a mobile home during a tornado. Find a sturdy building or seek shelter outside.



Watch out!

Most fatalities and injuries are caused by flying debris.



Look up!

If you see any of these danger signs, take shelter immediately:

- a dark or green colored sky
- large, dark, low-lying cloud
- large hail
- loud roar similar to a freight train

Stay tuned!

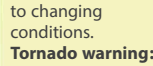
Listen to local radio and TV stations for weather updates. Take shelter if a tornado warning is issued.

Tornado watch:

Tornadoes are possible. Be alert to changing conditions.

Tornado warning:

A tornado has been sighted or indicated by weather radar. Take shelter immediately.



Be cautious!

Do not try to outrun a tornado. Find a sturdy building to take shelter or stop your car, put your head below the windows, and cover your head.



Take shelter!

The safest place is the interior part of a basement or an inside room, without windows, on the lowest floor.



Office of Public Health Preparedness and Response
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