



PREPARING FOR A WINTER STORM

Winter storms can last for days, cutting off heat & power, and increasing the risk of car accidents, frostbite, hypothermia, heart attacks due to overexertion, and poisoning from carbon monoxide. It is crucial to be prepared for winter storms to lessen the severity of these risks.



PREPARING YOUR HOME

Keep the cold out
with:

- Insulation
- Caulking
- Weather Stripping

Prevent freezing pipes. Click this
link for tips:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm/frozen-pipes.html>

Gather supplies that you will need to stay home without power for several days.

- Think about each person's needs (ie - medication)
- Keep in mind the needs of your pets
- Keep extra batteries for flashlights/radios
- Think about investing in a generator and only use it outside.
- Install and test smoke and carbon monoxide detectors. Keep batteries for these as well.

Sources: <https://www.ready.gov/winter-weather#:~:text=In%20Case%20of%20Emergency,a%20full%20tank%20of%20gas.> ;

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm/frozen-pipes.html> ; <https://www.almanac.com/content/winter-car-emergency-kit> ; [canva.com](https://www.canva.com)



PREPARING YOUR CAR

- Fill your gas tank
- Keep an emergency supply kit with the following items in your car:
 - Jumper cables
 - Sand/Non-clumping cat litter (to help with traction)
 - Blankets/ Warm clothes
 - Bottled water & non-perishable snacks
 - Flashlight
- To be extra safe, check out this link for more items:
<https://www.almanac.com/content/winter-car-emergency-kit>
- Stay indoors if you do not need to go out
- If you do go out and get stuck, stay inside your car

KNOWING HEALTH RISKS



Frostbite

- Signs = "Numbness, white or grayish-yellow skin, firm or waxy skin" (Ready.gov).
- Tips: Head over to a warm room and let your body heat warm you, or soak in warm water. Avoid heating pads and massaging.

Hypothermia

- Signs = Very low body temperature. Under 95 is an emergency.
- Tips: Head to a warm room and cover your whole body in dry, warm blankets. Focus on warming the center of your body.

Also, avoid overexerting yourself when shoveling snow to prevent a heart attack