

# Winter Weather Safety Tips

## GATHER SUPPLIES SEVERAL DAYS IN ADVANCE

- Collect flashlights with extra batteries
- Store drinking water (1 gallon per person per day for at least 1-3 days)
- Stock up on non-perishable food and pet food (enough for at least 1-3 days)
- Refill medication
- Power portable phone chargers
- Consider purchasing an emergency warming blanket for each person in the household

## KNOW THE SIGNS



**Hypothermia** can cause shivering, exhaustion, confusion, memory loss, and slurred speech.

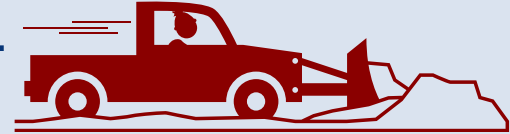


**Frostbite** can cause numbness, white or gray skin, and skin that is firm or waxy to touch.



**Carbon Monoxide Poisoning** can cause excessive sleepiness, nausea, migraines, chest pain, and trouble breathing.

## TRAVEL TIPS



- Stay home if possible
- If you must travel, do so in the daytime
- Stay on main roads as much as possible
- Keep an emergency kit in your car:
  - Jumper cables and tire repair
  - Blankets
  - Flares
  - Flashlight and batteries
  - Portable phone charger
  - Scraper and de-icer

## PREVENT FIRES AND CARBON MONOXIDE POISONING



- Only run generators outdoors
- Never leave burning candles, space heaters, or food on the stove unattended
- Make sure vents are free of snow and debris
- Do not use oven to heat home
- Consider replacing gas heating systems with electric if possible
- Invest in several battery-powered combination fire and carbon monoxide detectors for your home, especially if you have a gas heater!