

Winter Storm HEALTH & SAFETY TIPS

Winter storms can range from simple snow to a blinding blizzard. Some storms are over quickly; some last for days. No matter the severity, you should be prepared to do what's necessary to stay safe and healthy during a winter storm. These tips will help.

- **Be Prepared.** Watch the news or check weather apps and know what's coming and when. Stock up on supplies. Charge your phone. Fill your car's gas tank. Know the difference in weather terms:
 - **Winter Storm Outlook:** Conditions are possible in the next 2-5 days.
 - **Winter Weather Advisory:** Conditions are possible and may cause significant inconvenience.
 - **Winter Storm Watch:** Conditions are probable in the next 36-48 hours.
 - **Winter Storm Warning:** Conditions are expected with 24 hours and could be life-threatening.
- **Keep a Kit.** It's important to have a ready kit handy with a wide variety of necessary supplies for any kind of emergency. For a complete list of what your kit should include, go to [ready.gov/kit](https://www.ready.gov/kit).
- **Dress for Success:** Our best advice: Put on comfy clothes, grab a blanket, a good book, and stay indoors. If you must go out, know that frostbite and hypothermia are dangerous and potentially life-threatening. Dress in several layers of lightweight clothing, wear gloves and insulated, water-proof boots to keep your feet warm and dry, and to give you traction in the snow. Always wear a hat that covers your ears since 80 percent of body heat escapes through the head.
- **Minimize Travel.** Our best advice: Hunker down until the storm passes. If you must go out, take it slow, make sure your car has plenty of gas, and an emergency kit with blankets, a shovel, food, and water. Let someone know your destination, route, and when you are expected to arrive.
- **If You Get Stranded.** Stay in your car. Move anything you need from the trunk to the passenger area. Wrap yourself in blankets. Run the motor and heater for about 10 minutes each hour. (Make sure snow is not blocking the exhaust pipe.) Huddle with others for warmth.
- **Be Smart When Staying Warm.** Alternative heat sources indoors can help when temperatures plummet, but be smart and safe. Never use a generator inside the house, shed, basement, or garage. They need to be outside and 20 feet from the house. Carbon Monoxide can kill in minutes. And if you're utilizing a space heater, keep it three feet away from flammable sources. And just to be safe, make sure all smoke and CO2 alarms are in good working order.
- **If You Lose Power.** Know where your local emergency shelter is. Use flashlights or battery-powered lanterns rather than candles, gas lanterns, or torches to minimize fire risks. Try to avoid opening refrigerators so the food doesn't get warm and go bad.
- **Don't Forget Fido.** If you have dogs or cats—or chickens or cows or horses or any pet except a polar bear—that typically live outside, let them inside or find them adequate shelter.

