

Get Ready for Winter Weather



Why are we concerned about winter safety?

Frigid weather and icy storms can pose health and safety hazards at home and on the road. Prepare now for winter emergencies.

Before a Storm:

Your home: Keep cold air out: install storm windows and doors or cover insides with plastic; weather-strip where you can. Have your furnace and chimney inspected. Check smoke alarms.

Your car: Check your radiator and add antifreeze if needed. Replace worn tires and check air pressure. Keep your gas tank filled. Keep an extra flashlight, blanket, shovel, sand/kitty litter, emergency flares, snacks and water in your car.

Food: Store enough ready-to-eat food and water for 3 days; plan for one gallon drinking water per person per day. Set aside a can opener and baby food/formula, pet food as needed.

Supplies: Stock up on needed prescription drugs and first aid/medical, personal and pet supplies. Get a battery-powered radio and flashlights with spare batteries. Organize outdoor gear: shovels, rock salt/sand/kitty litter to melt snow and ice.

During a Storm:

Indoors: Use fireplace and other heaters only if vented to outdoors. Never use a charcoal/gas grill or electric generator indoors. Let water drip from faucets to prevent freezing pipes.

Outdoors: Dress warmly, stay dry, and avoid ice. Go slowly if doing heavy chores. If stranded in a storm, it's safer to stay in your car.

For more information see: <http://www.bt.cdc.gov/disasters/winter>

Health Whys

A public health message from

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