

Don't Be Left Out in the Cold

Why are we concerned about winter weather?

Frigid weather, snow and ice storms can pose health and safety hazards at home and on the road. You will be ready for winter emergencies if you prepare now.

How should you prepare before a storm?

- **Home:** Keep cold air out by installing storm windows/doors or covering sides with plastic. Weather-strip where you can. Have your furnace and chimney inspected. Check smoke alarms.
- **Car:** Check your radiator and add antifreeze if needed. Replace worn tires and check air pressure. Keep gas tank at least half full. 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 1/2 gallon drinking water per person per day and 1/2 gallon water for sanitation and/or cooking. Set aside a can opener, baby food/formula, pet food as needed, etc.
- **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. Charge cell phones. Organize outdoor gear like shovels, rock salt/sand/kitty litter to melt snow/ice.



What should you do during and after a storm?

- **Indoors:** Use a 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:** Call local utility companies if power lines are down. Dress warmly, stay dry, and avoid ice. Go slowly if doing heavy chores. If stranded in a storm, it is safer to stay in your car.

For more information see: www.cdc.gov/features/winterweather



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