

# 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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