

Planning for Emergencies

Winter Storms and Extreme Cold Safety Tips

Be Prepared

- Review the [In Case of Emergency resource](#) to see a checklist of ideas for creating an emergency kit and plan.
- Make an emergency kit
 - Rock salt to melt ice
 - Sand to improve traction
 - Snow shovels
 - Heating fuel
 - Blankets and warm clothing
- Make an emergency plan
- Include a family communications plan
- Listen to radio or television newscasts for the latest information from the National Weather Service.
- Minimize travel
- Bring pets inside
- Winterize your car/truck
- Winterize your home

During Winter Storms and Extreme Cold:

- Pay attention to emergency information and alerts.
- Stay indoors and dress warmly.
- If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia. (www.ready.gov)
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Drive only if it is absolutely necessary. If you must drive: travel in the day, don't travel alone, keep others informed of your schedule, stay on main roads and avoid back road shortcuts.
- Let someone know your destination, your route, and when you expect to arrive.
- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold.
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

For more information or to file a grievance, please contact:

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