

# SEVERE WEATHER PREPARATION: WINTER STORMS



## STAY SAFE DURING A WINTER STORM!

### PREPARE NOW

- Get your home ready to withstand the cold with proper insulation, weather stripping, etc.
- Follow updates about winter storms, cold waves, etc. Consider signing up for an emergency alert system like **CodeRed** to get alerts sent to your phone.
- Prepare proper supplies in case you are stuck in your home for several days, including **non-perishable foods, necessary medications, pet food, and extra batteries.**
- Build an emergency supply kit for your car, just in case! You never know where you might be when a winter storm hits!



### STAY SAFE DURING

- **Stay off roads** as long as possible. If you are in your car, stay inside until the storm subsides.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. **Never heat your home with a gas stovetop or oven.**
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

And if you lose power:

- Close off rooms to consolidate and retain heat.
- Dress in layers, and use blankets to stay warm.
- Bring pets into a warm place and out of the storm or severe cold.
- Never heat a home with a cooktop or oven.

### DID YOU KNOW?

On average, greenhouse gas emissions have brought warmer temperatures, and fewer extreme cold events. At times, however, climate change contributes to more intense cold spells. For instance, because of warmer temperatures in the Arctic, the Arctic jet stream sometimes blows into lower latitudes, bringing sub-zero temperatures with it. Regardless of overall global warming, extreme cold weather events will still occur.



# WINTER STORMS:

## WHAT YOU NEED TO KNOW

### COLD-RELATED SICKNESS

#### SYMPTOMS

#### WHAT TO DO

#### FROSTBITE

- Skin looks white or greyish-yellow, is very cold, and has a hard or waxy feel
- Skin may also itch, burn, or feel numb
- Deep frostbite can cause blistering or hardening
- As the area thaws, the flesh becomes red and painful

- Get out of the cold. Once you're indoors, remove wet clothes. Don't rub the affected area.
- Do not walk on frostbitten feet or toes.
- If there's any chance the affected areas will freeze again, don't thaw them. If they're already thawed, wrap them up so that they don't become frozen again.
- If numbness or pain remains during warming or if blisters develop, seek medical attention.

#### HYPOTHERMIA

- Shivering
- Slowed speech
- Slow breathing
- Cold, pale skin
- Loss of coordination
- Tired feeling
- Confusion or memory loss

- **Have someone call 9-1-1. Get to a hospital immediately. Delay can be fatal.**
- Ask someone to help you move to a warmer place. Remove wet clothing and cover yourself with dry clothing. Be sure to keep the chest area warm. Do not apply direct heat to the body. **Do not rub or massage the body.**

### KNOW YOUR WARNINGS

**WINTER STORM WARNING:** Life-threatening, severe winter conditions have begun or will begin within 24 hours.

**BLIZZARD WARNING:** Sustained winds or frequent gusts of 35 miles per hour or greater, plus considerable falling or blowing snow reducing visibility to less than a quarter mile, expected to prevail for three hours or longer.