



## Severe Winter Storms | During Hazard Preparation Checklist

### What Should I Do During a Severe Winter Storm?

- ❑ Monitor conditions using a NOAA Weather Radio or your preferred local news source.
- ❑ Remain indoors and avoid unnecessary travel. Avoid driving when conditions include sleet, freezing rain or drizzle, snow, or dense fog.
- ❑ If you need to venture outside, be aware of downed power lines..
- ❑ If power has been lost, do not open refrigerators or freezers unless absolutely necessary.
- ❑ Maintain contact with friends and neighbors who may be more vulnerable due to functional needs.
- ❑ Consider the weather and your health before engaging in strenuous tasks
- ❑ If your home loses power or heat during severe cold, go to a designated public shelter.
- ❑ If you are using alternative heating sources, make sure they are properly ventilated to prevent carbon monoxide (CO) poisoning.
- ❑ If you have lost power and are using a generator, be sure to follow generator safety procedures.
- ❑ Eat regularly and stay hydrated. Food provides the body with energy for producing its own heat. Avoid caffeine and alcohol which accelerate the symptoms of hypothermia.
- ❑ Conserve fuel. Winter storms can last for several days. Great demand may be placed on electric, gas, and other fuel distribution systems (fuel oil, propane, etc.) and supplies may not meet demand. Lower the thermostat to 65° F (18° C) during the day and to 55° F (13° C) at night. Close off unused rooms, and stuff towels or rags in cracks under the doors. Cover the windows at night.

#### **If you must go outside, protect yourself from winter storm hazards:**

- ❑ Dress to protect yourself from frostbite and hypothermia by wearing layered clothing, a water repellant winter jacket, gloves, and a hat. Be aware of wind chill effects.
- ❑ Cover your mouth to protect your lungs from severely cold air. Avoid taking deep breaths and minimize talking. Keep dry, and change wet clothing frequently to prevent a loss of body heat.