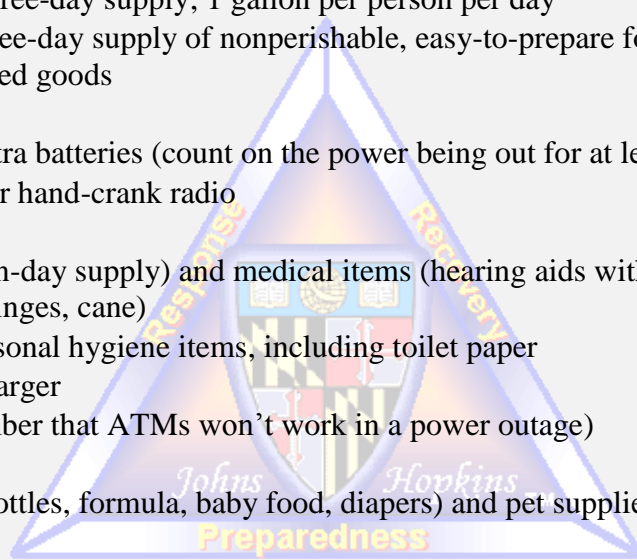


Winter Storm Safety Tips

Before a Storm

- Ensure your home heating equipment is working and inspected.
 - Stock up on heating fuel and seasoned wood for your fireplace, if applicable.
- Winterize your vehicle (e.g., winter tires, adequate antifreeze levels, good windshield wipers and a windshield scraper).
- Fill your car's gas tank.
- Power can be interrupted for long periods of time, so put together an emergency supply kit for your home that includes the following items:
 - Snow shovels
 - Rock salt
 - Water: at least a three-day supply; 1 gallon per person per day
 - Food: at least a three-day supply of nonperishable, easy-to-prepare foods, such as cereal or crackers, and canned goods
 - Can opener
 - Flashlights and extra batteries (count on the power being out for at least a day or two)
 - Battery-powered or hand-crank radio
 - First aid kit
 - Medications (seven-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
 - Sanitation and personal hygiene items, including toilet paper
 - Cellphone with charger
 - Extra cash (remember that ATMs won't work in a power outage)
 - Blankets
 - If needed, baby (bottles, formula, baby food, diapers) and pet supplies (collar, leash, ID, food, carrier, bowl)
 - Extra car and house keys
 - Extra clothing, hat and sturdy shoes
 - If you have children, computer games will operate for only a limited amount of time. Consider board games, a deck of cards, arts and crafts supplies, and crayons.



During a Storm

- Stay indoors and drive only if necessary. If you drive, be sure to drive slowly and carefully, and avoid stopping.
- Use flashlights in the dark; avoid using candles.
- Know the signs of [frostbite](#) and [hypothermia](#), and when to seek medical attention.
- When shoveling, bend at the knees to avoid strain on your back and take breaks to avoid overexertion.
- Bring pets inside.

- Pay attention to local weather information found on sites such as the [National Weather Service's website](#).
- If you lose power, consider conserving heating fuel by keeping your home slightly cooler than normal and temporarily closing off heat to some rooms.
- If you have a backup generator, only position it outside your home.

