

For Older Adults




 Dress warmly and eat enough food to keep yourself at a healthy weight


 Make sure there is enough lighting outdoors, especially near walkways and stairs

 Make sure your steps are sturdy and have textured grip

 If your home's main entrance is often icy during the winter months, use a different entrance if you can

 Keep a small table or shelf near the entry door to put items while unlocking the door

 If you use walking aids such as a cane, walker, or a wheelchair, dry the wheels or tips of each before entering your home

 Engage your support network if you need help clearing ice and snow from your property so you can keep outside walkways and steps clear of snow and ice.

 Coordinate with a nearby family member or friend to regularly check in on you

When it's freezing outdoors, stay inside if possible. Bring your pets inside too!



#WINTERREADY

Ready ✓


Are you prepared for a power outage?



Winter storms may bring power outages that can disrupt communications, utilities, transportation, stores, gas stations and ATMs, and prevent your ability to use electrically powered medical devices. Are you #WinterReady?

 Make sure your #Emergency Kit is stocked for winter - add winter gear and blankets to stay warm


If your power goes out:

 Keep freezers and refrigerators closed. Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

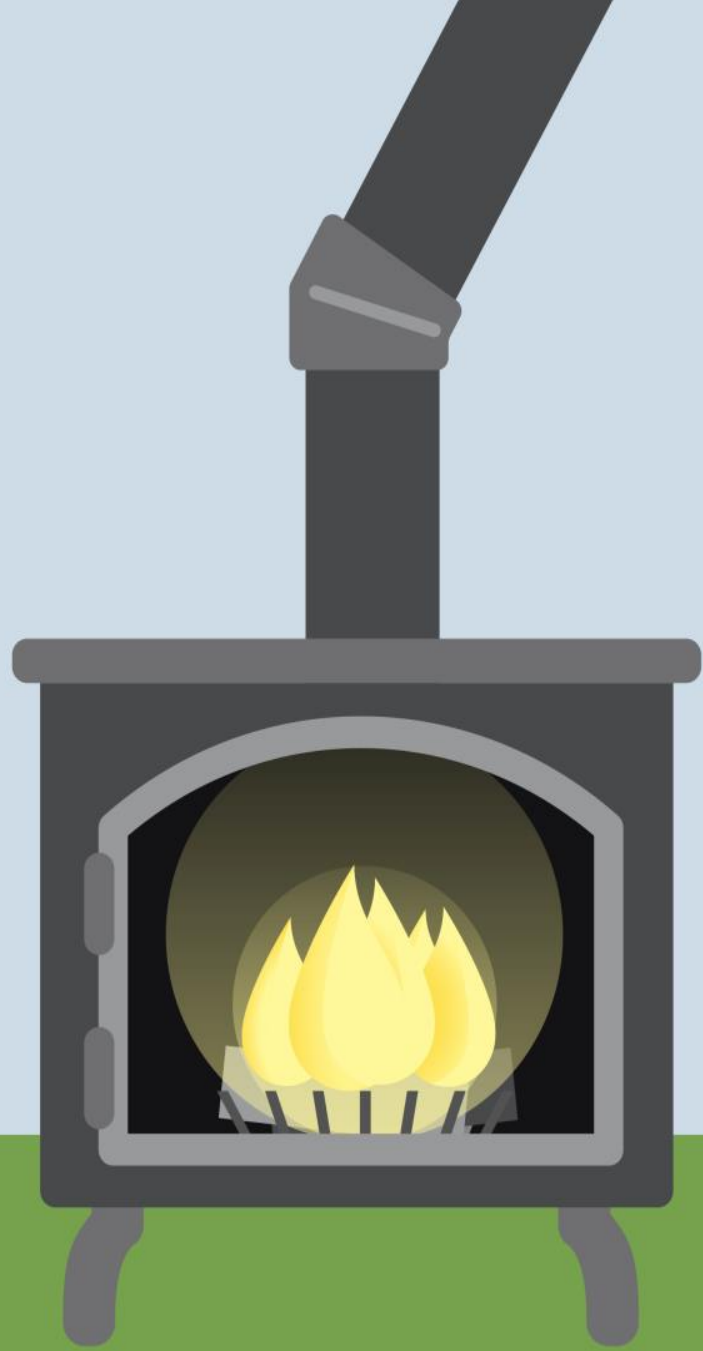
 If you use a generator, ONLY use it outdoors and away from windows.

 Do not use a gas stove or oven to heat your home.

 Disconnect appliances and electronics to avoid damage from electrical surges.

 Have alternatives for refrigerating medicines or using power-dependent medical devices.

 Go to a community location with power if the cold is extreme and you can't heat your home





Stay Safe When
Heating Your Home
#W^{*}INTERREADY



Ready 

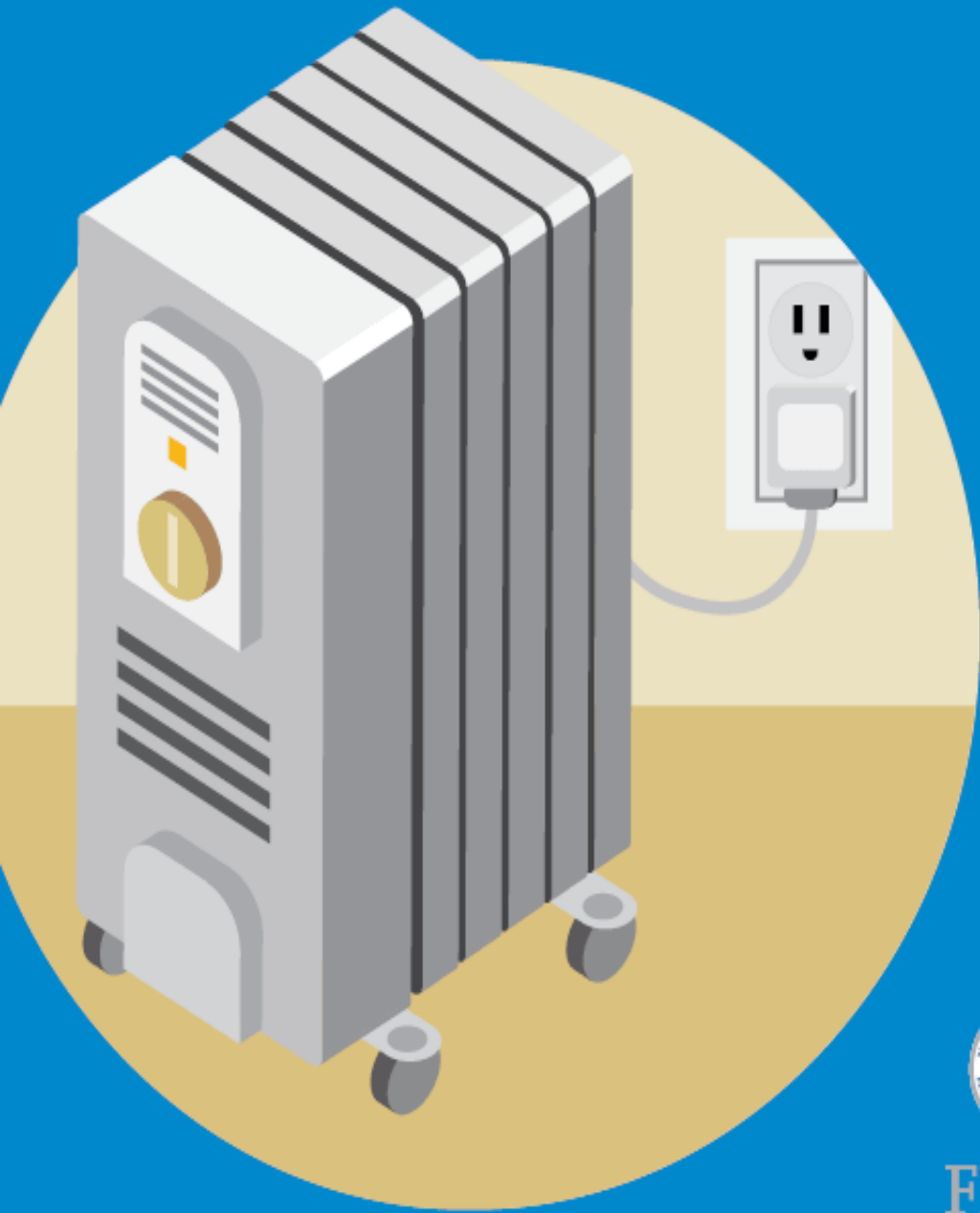
Home heating is the second leading cause of home fires, and winter is when most home fires happen! #YouCan prevent home fires this winter:

 Keep anything that can burn at least three feet from all heat sources including fireplaces, wood stoves, radiators, portable heaters, or candles.

 Always plug space heaters directly into an outlet, and make sure their cords aren't damaged or frayed.

 Never use an oven or gas range to heat your home.

 Maintain heating equipment and chimneys by having them cleaned and inspected each year by a professional.



Plug space heaters directly into wall outlets.

Never use an extension cord or power strip.



FEMA



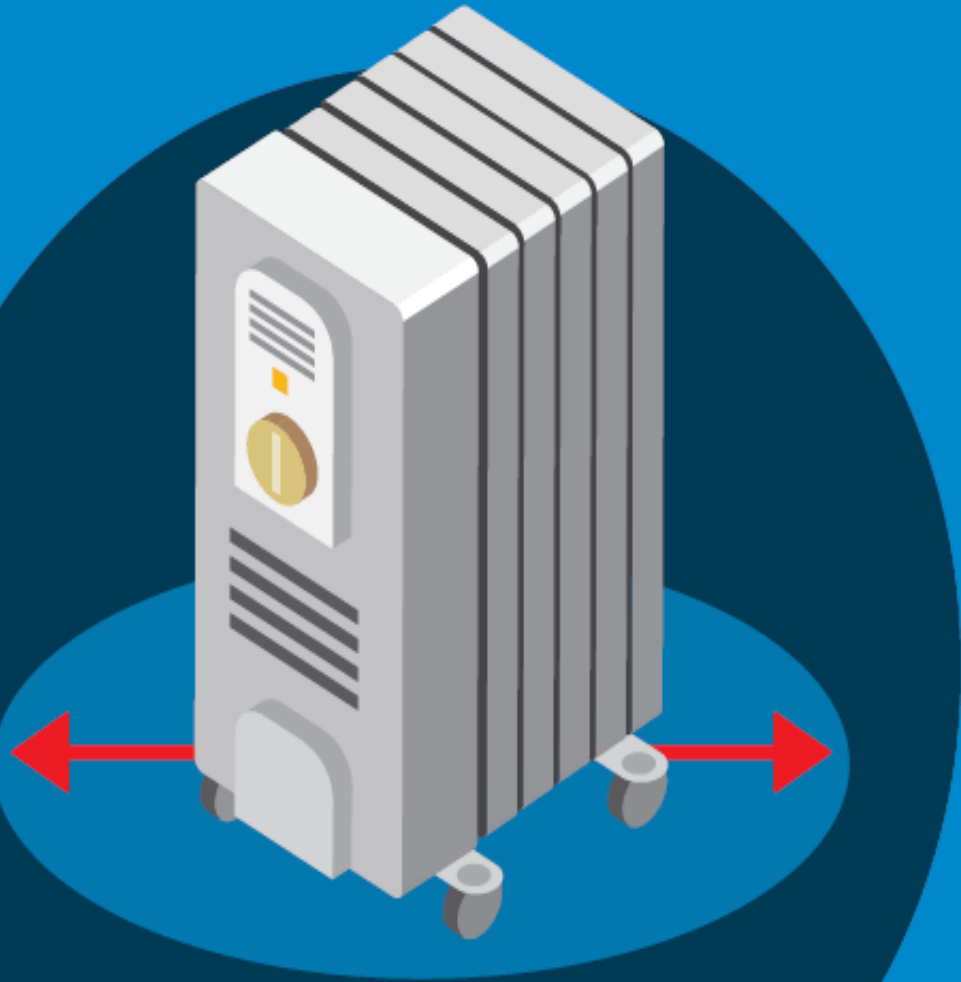
U.S. Fire
Administration

#WINTERREADY



All heaters need space.

Keep anything that can burn at least 3 feet from heating equipment.



3 feet



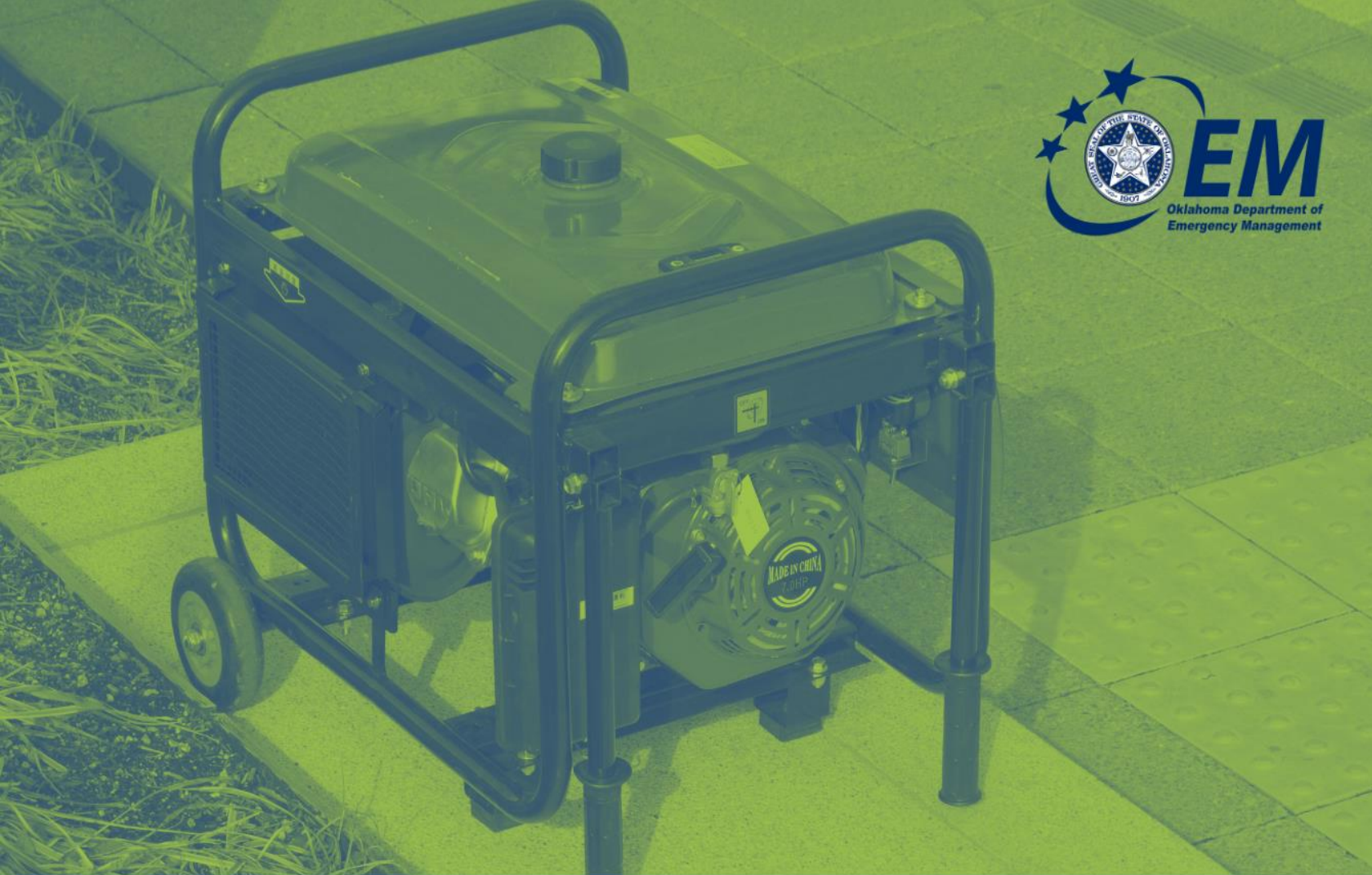
FEMA



U.S. Fire
Administration

#WINTERREADY





Prevent Carbon Monoxide Poisoning

⚠️ Generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices should never be used inside a home, basement, garage, or camper – or even outside near an open window.

🚨 Every home should have at least one working carbon monoxide detector; preferably on each floor. The detector's batteries should be checked at least twice annually, at the same time smoke detector batteries are checked (Daylight Saving Time).

Use Natural Gas Safely

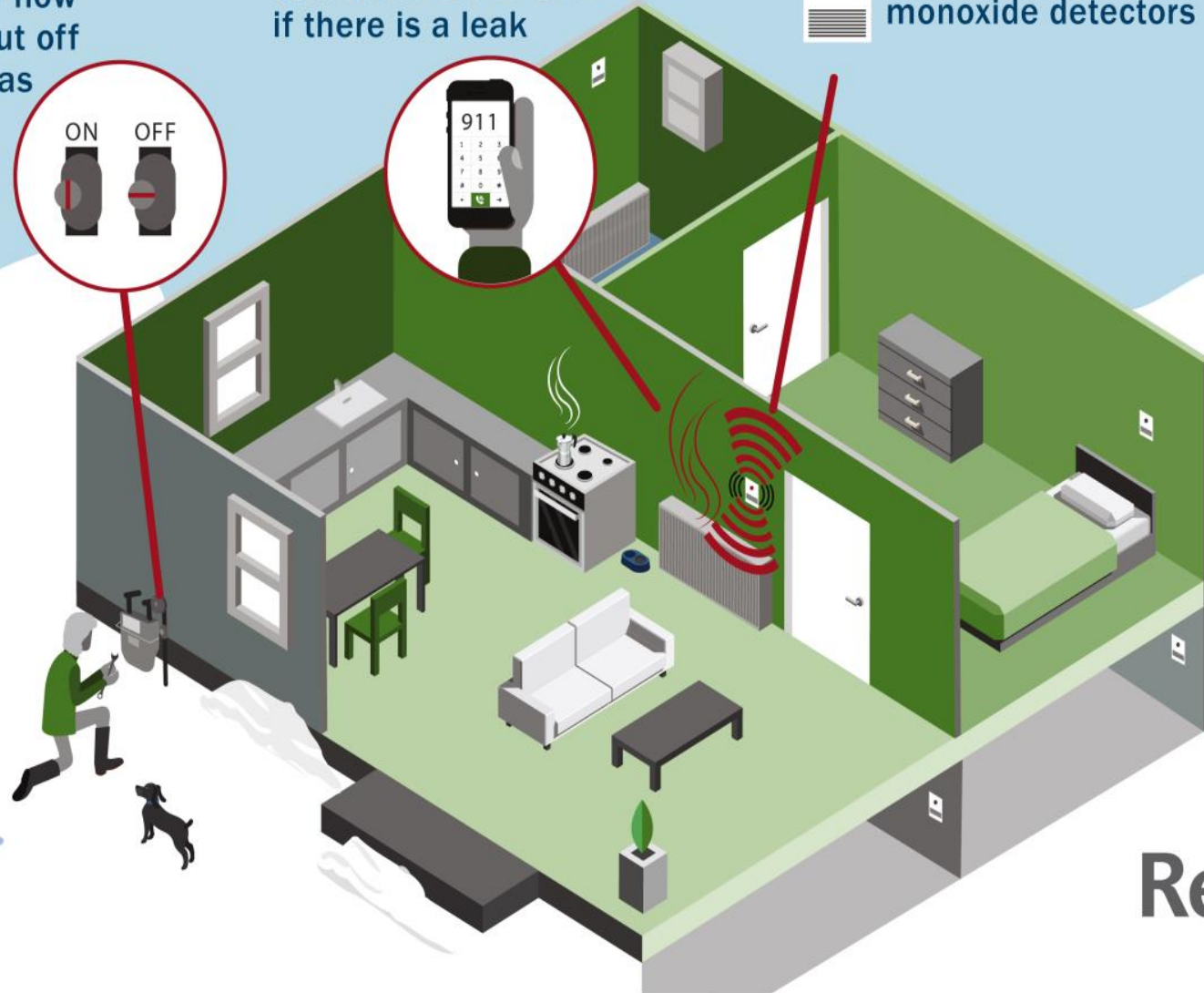
Know how to shut off the gas



Immediately go outside and call 911 if there is a leak



Install carbon monoxide detectors



#WINTERREADY

Ready 

Natural gas is a GREAT resource to keep your home warm in the winter, but do you know how to use it responsibly?

- + Install at least one carbon monoxide detector on every level of your home, about five feet from the floor.
- + Go outside immediately and call 911 if there is a leak.
- + Know how to shut off the natural gas supply line to your home.
- + Never use an oven to heat your home.
- + Keep generators outside and away from doors and windows.

How to Spot and Treat Cold Exposure



Victims of #hypothermia and #frostbite often can't tell when they're affected. Know the signs and how to help yourself and others:

Hypothermia in Adults: Shivering, exhaustion or feeling very tired, confusion, fumbling hands, memory loss, slurred speech, drowsiness.

Hypothermia in Babies: bright red, cold skin; very low energy

What to do: If someone's temperature is below 95 degrees, it's an EMERGENCY. Call 911 and get help. Warm the person by drying them off and warming the center of their body first (chest, neck, head, and groin) using skin-to-skin contact and loose, dry layers of blankets or clothing. Drinking warm liquids can help if they are conscious. If someone is unconscious, perform CPR even when you think they're 🤪 Hypothermia victims can sometimes be resuscitated.

Frostbite: Redness or pain in skin may be the beginning of frostbite, with onset looking white or grayish-yellow and feeling unusually firm or waxy or numb.

What to do: Seek medical care. Get to a warm area as soon as possible and don't massage - put the affected area in warm or warm the affected area using body heat. Burn risk: Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

Limit your time outside and dress in loose, warm layers to avoid

Frostbite & Hypothermia

❄️ **Frostbite** causes loss of feeling and color around the face, fingers and toes.

❄️ **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.

❄️ **Actions:** Go to a warm room. Soak in warm water (NOT hot). Use body heat to warm (NOT a fireplace, heating pad or other artificial heat source). Do NOT massage, rub or put pressure on areas with frostbite; you could further damage the tissue.



🧊 **Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an EMERGENCY.

🧊 **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.

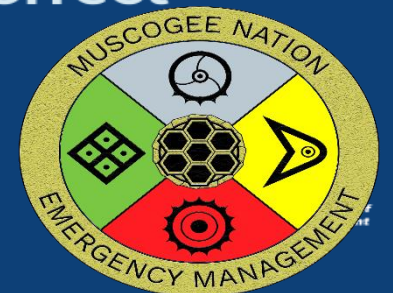
🧊 **Actions:** Go to a warm room. Remove wet clothing and warm the center of the body first—chest, neck, head and groin— with dry layers of blankets or clothing.

HOW TO DRIVE ON ICY ROADS

Don't!

But if you have to..

- Clear windshield & windows completely **BEFORE** driving
- Drive slowly with **CAUTION** - No sudden changes in speed/direction
- If you start to slide, take your foot **OFF** the gas - **Don't** slam on your brakes. Turn gently into the slide, and don't panic or overcorrect
- Keep a car emergency kit with warm clothes and kitty litter/sand in case you get stuck




Ready ✓

Build an Emergency Car Kit



#W^{*}INTERREADY

Keep a full tank of gas and be sure to supplement your #CarEmergencyKit with winter essentials BEFORE you need them! 

- + Warm winter gear
- + Emergency blankets
- + Ice scraper and snow brush
- + Hot hands
- + Juice pouches for hydration
- + Sand for gaining traction

If stranded, run the engine for about 10 minutes per hour to run the heater and charge your cell phone. Open a window slightly to let fresh air in and avoid carbon monoxide (CO) poisoning.

If your car starts to slide..



DON'T panic
DON'T brake
accelerate
overcorrect




DO turn
gently into
the slide



Breathe &
proceed with
caution





**Stay Off the Roads if
Directed by Local
Officials. If You Must
Go Out, SLOW DOWN!**

#WⁱNTERREADY

Ready 