

## STEPS TO PREPARE FOR THE COLD AND FREEZING TEMPERATURES

### Preparing your home and family

- Replenish your emergency supply kits including battery-operated radio and flashlights. Learn how to shut off water valves (in case a pipe bursts). Insulate pipes; allow faucets to drip during cold weather to avoid freezing.
- Have your home heating system inspected.
- Have a plan for finding a nearby shelter or other warm environment such as a Warm Center should your home heating system fail.
- Have extra blankets on hand.
- Move family pets or other large animals from the cold weather to indoors or to an enclosure.
- Move plants indoors or cover with blankets or plastic to prevent freezing.
- Do NOT bring outdoor heating devices into the home, such as barbecues and or other fuel burning devices. **These items can produce deadly carbon monoxide.**
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them.
- Check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water.

### Dressing for the Weather

- Wear several layers of loose fitting, lightweight; warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves; and wear a hat.
- Cover your mouth with a scarf to protect your lungs.

### Traveling with caution

- Have your car winterized and make sure it is working properly.
- Install good winter tires; make sure the tires have adequate tread.
- Expand your car's emergency supply kit with a shovel, windshield scraper and blankets.
- Maintain at least a half tank of gas during the winter season.
- Check road conditions before departing.
- Let others know of your route and your estimated time of arrival.

### Recognizing symptoms of exposure

- If you have medical conditions and if you experience any of the following symptoms seek for medical attention immediately:
  - Confusion, dizziness, exhaustion and shivering (this are signs of hypothermia).
  - Gray, white or yellow skin discoloration, numbness or waxy skin (these are symptoms of frostbite).
- In the case of overexposure to freezing temperatures, remove wet clothing and immediately warm the body with a blanket or warm fluids like hot cider or soup. Avoid caffeine or alcohol.

For more information on cold-related health problems and outdoor safety visit:

[www.cdc.gov/nceh/hsb/extremecol](http://www.cdc.gov/nceh/hsb/extremecol) [www.nws.noaa.gov/om/windchill/](http://www.nws.noaa.gov/om/windchill/) [www.msc.ec.gc.ca/windchill/index](http://www.msc.ec.gc.ca/windchill/index)  
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