



Safety Tips: Winter Storms

Be prepared

- Get your home ready.
 - If you can, clean and inspect your heating equipment and chimneys once a year.
 - If you rent, ask your landlord to do this.
 - Caulk or weatherstrip doors and windows to keep cold out.
 - Clear rain gutters and downspouts.
 - Fill your oil and propane tanks.
- Add blankets and warm clothes to your emergency kit.
- Write down emergency numbers and program into your cell phone.
- Plan to lose power. Charge cell phones, power banks and other devices.
- Find a safe place to wait out the storm. Know where there is an emergency shelter near you.
- Make sure you have things you will need:
 - food and bottled water for each person for 3 days
 - prescription medication for a week
 - things your pets need
 - soap, hand sanitizer, sanitary products and other hygiene items.
- Check weather reports.

During a winter storm

- Stay home or find a shelter. But stay indoors during the storm.
- Get out of the wind to avoid wind chill.
- Bring pets inside. Make sure livestock have shelter and drinking water.
- Drive only if you have no other choice.
- Wear several warm layers if you must go outside or if the heat is off in your home.
- If you lose power, turn off appliances and leave 1 light on so you can see when the power comes back on.
- Use battery-powered lights (like flashlights, lanterns, flameless candles) or glow sticks. Don't use candles.
- Check on friends and neighbours who may need support during the storm.
- Use BBQs, camping stoves, or fuel-powered heaters outdoors only.
- Check television, radio, and social media for updates.

After the storm

- Shovel carefully. Take breaks so you don't hurt yourself. Ask for help if you need it.
- Watch for numbness or white areas on your face, fingers and toes. These could mean you have frostbite. Get medical help if you have frostbite.
- Check on friends and neighbours who may need support.