

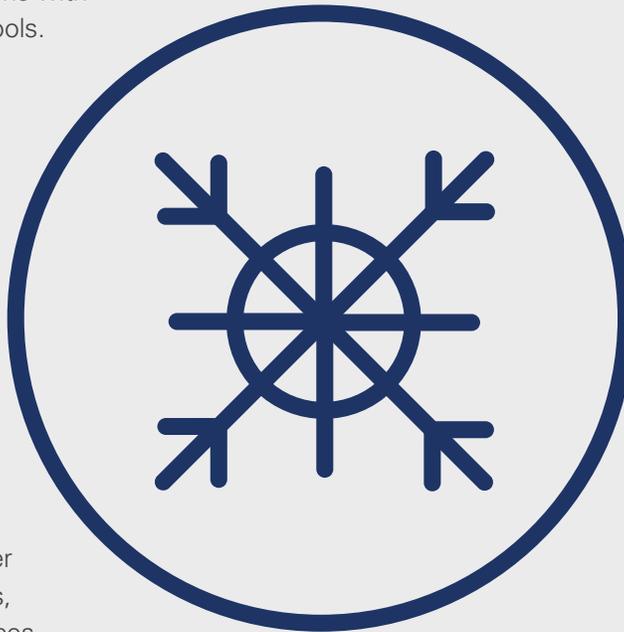
Protect Yourself Before, During, and After a Winter Storm

This page provides an overview of protective actions to take before, during, and after a winter storm. Additional information is provided in the following pages for each phase.

1 | BEFORE: PREPARE

Prepare now in case a winter storm hits and you are home for several days without power and heat.

- Prepare by gathering emergency supplies, making a family plan, and discussing emergency notifications and expectations with your workplace and/or schools.
- Install battery-powered or battery back-up carbon monoxide detectors.
- If you have access to an OUTSIDE generator, have an electric cord long enough to keep the generator at least 20 feet from any door, window, or vent.
- Make specific plans for how you will avoid driving.
- Be alert to changing weather conditions using local alerts, radio, and other news sources for information and instructions.



2 | DURING: SURVIVE

Stay indoors and avoid driving as much as possible.

- If the power goes out, close off unused rooms to consolidate and retain heat.
- Wear layered clothing and use blankets or sleeping bags to stay warm.
 - Bring pets inside.
- NEVER use generators, outdoor heating or cooking equipment, such as a grill, camp stove, or a gasoline or propane heater, indoors.
 - NEVER heat a home with a stove.
- If driving is absolutely necessary, keep disaster supplies in your vehicle, make sure your vehicle is properly equipped, and use extra precaution on the roads.
 - Limit your time outdoors.

If you are outside, protect yourself from frostbite and hypothermia by wearing several layers of warm, loose-fitting, light-weight clothing.

3 | AFTER: RECOVER

Driving conditions will still be dangerous; only drive if necessary.

- If the power is out for more than a few days, your community may set up warming shelters.
- If you do not have adequate supplies to stay warm in your home and you can get there safely, you may want to go to a shelter.
- If you go outside, dress in warm clothing, stay dry, and avoid prolonged exposure to cold and wind to protect yourself from frostbite and hypothermia.