

## Winter Weather Preparedness

The winter season is quickly approaching and with it cooler weather. With cooler weather comes higher risk of winter storms. Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.

### Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

### Staying Safe During the Winter

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing.
- Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

### Driving in Winter Weather

- Stay off icy roads when Winter Storm advisories & watches are issued.
- Stay off roads if at all possible.
- If trapped in your car, then stay inside. If you must drive "Don't Crowd the Plow!"
- Ice and snow, take it slow—slower speed, slower acceleration, slower steering, and slower braking.
- Prepare your car for winter: keep your gas tank near full to help avoid ice in the tank and fuel lines.