

Winter Preparedness

Ensuring the Cold Doesn't Take a Bite Out of You



Prepare your home and family

- **Prepare for possible isolation in your home** by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- **Winterize your home** to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- **Place a winter emergency kit in each car** (see sidebar for items to include)

FEMA has more information on what to do:

- [Before a winter storm](#)
- [During a winter storm](#)
- [After a winter storm](#)
- [Winter Preparedness Newsletter](#)

Did You Know?

Your winter survival kit should include the following items:

- a shovel
- windshield scraper and small broom
- flashlight
- battery powered radio
- extra batteries
- water
- snack food
- matches
- extra hats, socks and mittens
- First aid kit with pocket knife
- Necessary medications
- blanket(s)
- tow chain or rope
- road salt and sand
- booster cables
- emergency flares
- fluorescent distress flag

The body loses heat quickest through the head and hands, so be sure to have a hat and gloves or mittens.