

Winter Weather Preparedness Tips



SORRY, SON... THERE'S NO APP FOR THAT

Know Your Winter Storm & Extreme Cold Terms

Familiarize yourself with these terms to help identify a winter storm hazard:

Freezing Rain

Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees, and power lines.

Sleet

Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Winter Storm Watch

A winter storm is possible in your area.

Winter Storm Warning

A winter storm is occurring or will soon occur in your area.

Blizzard Warning

Sustained winds of frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer

Frost/Freeze Warning

Below freezing temperatures are expected.

Frequently check the local weather reports via:

- * National Weather Service forecast reports-
www.crh.noaa.gov/oax
- * Local News stations or radio

- * Forecasts or other weather related websites

Home Weather Preparedness

Take these steps to prepare your home to stay safe and warm during the winter months.

Winterize your home.

- * Install weather stripping, insulation, storm windows.
- * Insulate water lines that run along exterior walls.
- * Clean out gutters and repair roof leaks



Check your heating systems:

- * Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
- * Inspect and clean fireplaces and chimneys.
- * Install a smoke detector. Test batteries monthly.
- * Have a safe alternate heating source, alternate fuels available, and test them regularly.
- * Prevent carbon monoxide (CO)

- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas.
- Learn symptoms of CO poisoning: headaches, nausea, and disorientation.

House Equipment Safety Tips:

- * Keep grills and generators out of the house and garage.
- * Position generators at least 20 feet from the house.
- *

Home Emergency Supply Kit

- * Enough Water for each person/pet for 3 days (1 gallon per person/day)
- * Food that won't spoil
- * One complete change of clothing and footwear per person (think in layers for winter)
- * Blanket or sleeping bag per person
- * Extra batteries for each piece of equipment (try to use the same type/size batteries)
- * Prescription Medications
- * Battery powered NOAA All Hazards Alert Radio
- * Flashlight with batteries
- * Extra set of car keys
- * Cash (the power may not be on for those ATMs, etc.) & credit card
- * First Aid Kit

- * Extra Cell Phone batteries or ways to change your cell phone
- * Special items for those family members with special needs (diapers, denture crème, extra hearing aid batteries, contact solution, coloring books & colors, deck of playing cards, (etc.)

For Pets- Leash, collar, favorite toy, kennel or other way to secure pet, food & water, treats, photo (for proof of ownership or in case they become separated from you for identification).



Car Emergency Supply Kit

- * Winter coat, hat, and gloves; ideally a blanket (or more than one) as well
- * First aid kit
- * Some non-perishable food such as granola bars, crackers; even just some hard candy can help
- * Strike anywhere matches in a water tight container
- * Candles and empty coffee can to melt snow; a cup is good idea as well

- * Flashlight with extra batteries
- * Small tool kit or at least an all-purpose tool
- * Jumper cables
- * Tire chains
- * Shovel
- * Kitty litter or carpet strips for getting traction



Remember not to eat snow- it will lower your internal body temperature

If running your car to stay warm- always be sure the tail pipe is clear of snow

Always stay with your car, don't walk in a blizzard, excessive cold or unknown area

For More Ideas or Information:

www.ready.gov

www.cdc.gov

**701 Olson Drive, Suite 101
Papillion, NE 68046
Phone: 402.339.4334
Fax: 402.339.4235**

sarpycasshealthdepartment.org