

# PREPARING FOR WINTER STORMS:

(Adapted from FEMA/NOAA/American Red Cross Winter Storm Bulletin)

## Prepare a Winter Storm Plan

- Have extra blankets on hand.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat and water resistant boots.
- Assemble a disaster supplies kit containing:
  - First Aid kit and essential medications
  - Battery powered radio, flashlights and extra batteries
  - Bottled water and canned or other food that can be prepared without an electric or gas stove and a non-electric can opener.
- Have your car winterized before the winter storm season.
- Assemble a disaster supplies kit for your car containing:
  - Blankets and extra dry clothing
  - Shovel, Sand, Tire chains and Jumper cables
  - First Aid kit
  - Flashlight with extra batteries
  - A brightly colored clothe to tie to the antenna
- If you have a wood stove or fireplace, store a supply of dry, seasoned wood.

## Stay tuned for storm warnings

- Listen to radio and TV for updated storm warnings
- Know what storm WATCHES AND WARNINGS mean:
  - WINTER STORM WATCH means a winter storm is possible in your area. Be alert to changing weather conditions. Avoid unnecessary travel.
  - WINTER STORM WARNING means a winter storm is headed for your area. Stay indoors during the storm. If you must go out layer your clothing and wear gloves or mittens and a hat to prevent loss of body heat. Cover your mouth to protect your lungs. If you shovel snow, be careful. It is physically strenuous so take frequent breaks and avoid over exertion.
  - BLIZZARD WARNING means; strong winds, blinding snow and dangerous wind chill are expected. Seek shelter immediately.

## Get your car ready in case you must travel:

- Have emergency supplies in the trunk. Switch to snow tires or carry chains
- Keep your car
- Charge your cellular phone. Take it with you.
- Let someone know your destination, your route and your expected time of arrival.
- If you do get stuck: Stay with your car. Tie a brightly colored cloth to the antenna. Start your car and use the heater for 10 minutes every hour. Keep the exhaust pipe clear. Leave

the overhead light on when the engine is running. Keep moving your arms and legs to keep blood circulating and to stay warm. Keep one window away from the blowing wind slightly open to let air in.

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**Web Site Questions/Comments: [healthdept@bergenhealth.org](mailto:healthdept@bergenhealth.org)**

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