

WALLINGFORD



BE PREPARED FOR:

WINTER STORMS

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.

It creates a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

PREPARE NOW!

- Know your area's risk for winter storms
- Prepare your home to keep out the cold
- Listen to EAS, NOAA Weather Radio
- Gather supplies in case you need to stay home for several days without power
- Create an emergency supply kit for your car
Learn the signs of and basic treatments for frostbite and hypothermia.

BE SAFE DURING

- Listen to EAS, NOAA Weather Radio
- Stay off roads
- If trapped in your car, stay inside
- Limit your time outside
Use generators outdoors and away from windows
Avoid overexertion when shoveling snow to reduce the risk of a heart attack
Watch for signs of frostbite and hypothermia
- Check on neighbors
- Prepare for power outages

BE SAFE AFTER

- **Frostbite:** causes loss of feeling and color around the face, fingers, and toes.
Signs: Numbness, white or grayish-yellow skin, and firm or waxy skin.
Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- **Hypothermia:** low body temperature, and below 95 degrees is an emergency
Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck



Source:

<https://www.ready.gov/winter-weather>



**IF YOU ARE UNDER A WINTER STORM WARNING,
FIND SHELTER RIGHT AWAY!**