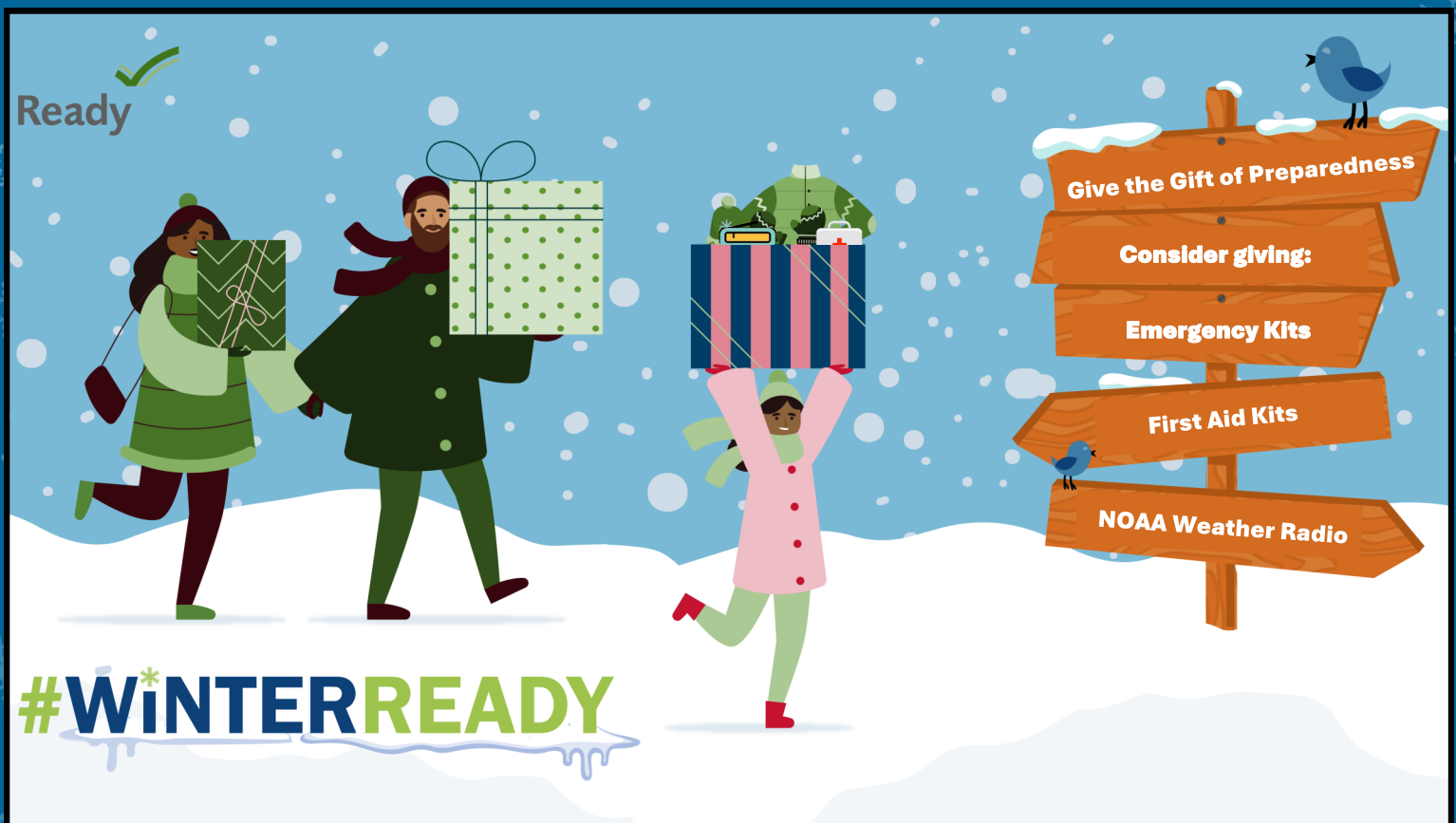


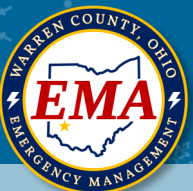
Citizens Preparedness Newsletter

WINTER &
HOLIDAY SAFETY

This holiday season give yourself, your family and your friends the gift that will last well beyond the holidays — the gift of preparedness!



Disasters and emergencies can happen at anytime! Show your loved ones you really care by gifting them preparedness items such as first aid kits, batteries for their smoke detector, NOAA weather radios, signing them up for emergency alerts, and emergency kits for home and car. The next page gives examples of items to include in different emergency kits!



Citizens Preparedness Newsletter

WINTER & HOLIDAY SAFETY

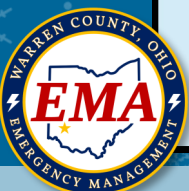
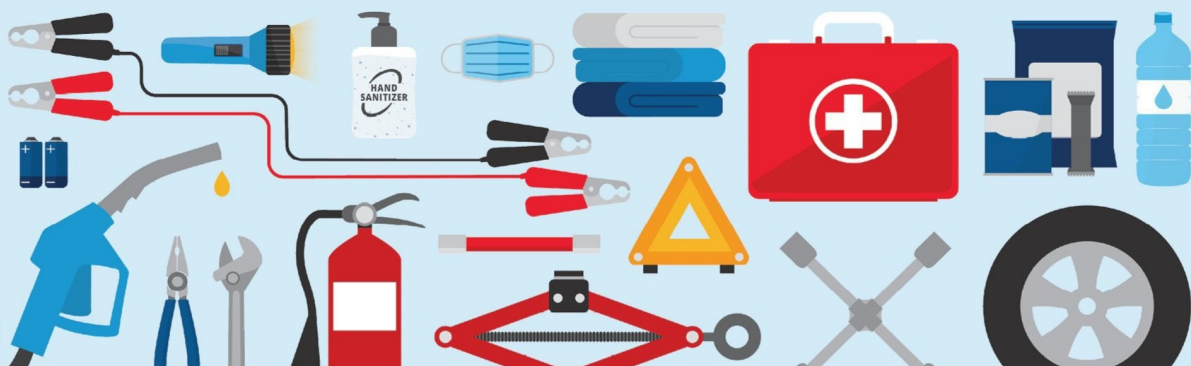
Emergency Kits are a great way to prepare for emergencies at home and while traveling! They also make for great gifts! The following is a basic list of items to include in your emergency kits, but remember to tailor each kit to meet the specific needs of your family!

BUILD AN EMERGENCY KIT FOR HOME

<p>While your emergency kit should be customized to meet the needs of your family, you should start with these items:</p>	<p>Food & Water</p> 	<p>Tools</p> 	<p>Hygiene & Medicine</p> 	<p>Important Documents</p> 
<p>Pet Supplies</p> 	<p>Baby Items</p> 	<p>Seasonal Clothes</p> 	<p>Bedding</p> 	<p>Comfort Items</p> 

KEEP AN EMERGENCY SUPPLY KIT IN YOUR VEHICLE

Include jumper cables, flares, ice scraper, blanket, phone charger, map, cat litter or sand.



LEARN MORE AT: [HTTPS://WWW.READY.GOV/KIT](https://www.ready.gov/kit)

Citizens Preparedness Newsletter

WINTER & HOLIDAY SAFETY

Giving the gift of preparedness, also means having a plan in place for any winter and holiday hazards that may happen!

IN CASE OF POWER FAILURE

- Cell phone, with a portable charger & extra batteries
- Battery-powered radio, with extra batteries
- National Oceanic & Atmospheric Administration (NOAA) weather radio



KEEP YOUR FAMILY SAFE

Make a Family Communication Plan. Your family may not be together during an extreme winter event, so it is important to know how you will contact one another, how you will get back together, and what you will do during an emergency.



VISIT [READY.GOV](https://www.ready.gov)



USING HEAT SAFELY

- Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:
 - Extra blankets, sleeping bags, and warm winter coats
 - Fireplace with plenty of dry firewood or a gas log fireplace
 - Portable space heaters or kerosene heaters

GENERATOR SAFETY



- Never use an electric generator indoors, inside the garage, or near the air intake of your home due to risk of carbon monoxide poisoning.
- Do not use the generator or other appliances if they are wet.
- Do not store gasoline indoors where the fumes could ignite.
- Use individual heavy-duty, outdoor-rated cords to plug in other appliances.

SPACE HEATER TIPS:

ONLY USE ELECTRIC SPACE HEATERS WITH AUTO SHUT-OFF SWITCHES & NON-GLOWING ELEMENTS

- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.

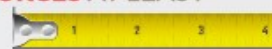


PLUMBER'S CORNER

- Let your taps drip continuously
- Keep the indoor temperature warm & open cabinet doors to warm the air around pipes.
- Fill the bathtub or have bottled water on hand during a deep freeze

If your pipes do freeze, **DO NOT** thaw them with a torch. Rather thaw the pipes slowly with an electric hair dryer.

KEEP HEAT SOURCES AT LEAST **3 FEET** AWAY FROM FURNITURE & DRAPES



SAFETY EQUIPMENT

to have nearby when using heat sources

- Chemical fire extinguisher
- Working smoke alarm
- Carbon monoxide detector



LEARN MORE AT: [HTTPS://WWW.READY.GOV/KIT](https://www.ready.gov/kit)

Citizens Preparedness Newsletter

WINTER &
HOLIDAY SAFETY

Be sure to know what hazards you face throughout every season so you know how to prepare & how to adjust your emergency kits!



Winter Weather Hazards



- 70% of snow and ice-related injuries occur in automobiles.
- Ice storms weigh down trees and powerlines. Downed trees and powerlines can result in power outages for several days.
- Black ice is difficult to see and makes roads very slippery, especially bridges and overpasses.
- Cold temperatures can cause frostbite and hypothermia if not properly dressed.
- Shoveling heavy, wet snow can cause back injuries or cardiac-related issues.
- CO Poisoning can result from improperly ventilated heating methods and portable generators, including vehicle exhaust.

The next couple pages give tips on how to prepare for winter weather hazards!



Citizens Preparedness Newsletter

WINTER & HOLIDAY SAFETY

Prepare Your Home for Winter Weather!

Winter storms can knock out power and keep you from traveling for days



Keep enough non-perishable food, water and medications for at least 3 days



Ensure you have warm clothing and blankets



Make sure you have an updated first aid kit



Charge your phone in advance and check for Wireless Emergency Alerts



Protecting Yourself From Bitter Cold

Winter Safety Awareness

Injuries Related to Cold:

- 50% happen to people 60+ years old.
- > 75% happen to males.
- About 20% occur in the home.

Keep head warm with hat

Cover mouth with scarf to protect lungs

Wear several loose-fitting, lightweight, warm layers



Outer coat should be tightly woven, water repellent

Mittens are warmer than gloves

Wool socks and waterproof boots keep feet warm

What is Frostbite?

- Damage to body tissue caused by extreme cold
- Skin becomes very cold and red, then turns numb, hard, and white/pale
- Most commonly affects extremities: fingers, toes, ears, or nose

What is Hypothermia?

Potentially fatal medical emergency that occurs when body temperature drops below 95°F. Warning signs include:

- Uncontrollable shivering
- Irregular breathing, slurred/mumbled speech
- Dizziness, nausea, drowsiness, fatigue, etc.
- Clumsiness or lack of coordination
- Confusion, poor decision-making, memory loss

Seek immediate medical attention for anyone suffering from hypothermia! Gently remove any wet clothing, then warm their torso slowly with extra clothing and warm blankets. Offer a warm, nonalcoholic/noncaffeinated beverage.



Citizens Preparedness Newsletter

WINTER & HOLIDAY SAFETY

DRESSING FOR COLD WEATHER

adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



Mitigation Murphy Says...

“Bundle up in layers during cold weather to help prevent hypothermia and frostbite!”

Stay Informed:

Follow Warren County EMA on Facebook @WCOHEMA or on Twitter @WCEMAOhio



Scan Here to Visit Our Website:



LEARN MORE AT: [HTTPS://WWW.READY.GOV/KIT](https://www.ready.gov/kit)