

PREPARE FOR THE WINTER SEASON



DRESS FOR THE COLD

This graphic from the National Weather Service shows how to ideally dress during cold weather. The colder it gets, the more layers are necessary to stay warm. Layers should include insulating layers made of wool or cotton and an exterior layer made of a waterproof and wind resistant material. Warm clothing for cold weather should include warm beanie style hats, face masks, long sleeve shirts, jackets, coats, gloves, long pants, and boots (NWS, n.d.).

WINTER ADDITIONS FOR A VEHICLE EMERGENCY KIT

Having an emergency kit in your vehicle will serve you well during situations where you become stranded while driving and cannot receive immediate assistance. While a typical vehicle emergency kit will include essential items such as food, water, flashlights, blankets, etc., please consider some additional items that are useful during the winter season:

- Jumper cables • Ice scraper • Shovel • Tire chains
- Reflective triangles • Battery powered radio • Map
- Extra clothes, blankets or sleeping bags • Hand warmers
- Car cell phone charger • Sand (for tire traction)

PREVENT CARBON MONOXIDE EXPOSURE

During the winter season, there is a rise in carbon monoxide (CO) related poisonings and deaths. This is in part due to the increased use of heat sources fueled by products that emit carbon monoxide, such as wood, coal, propane, natural gas, kerosene, gasoline or oil. The following are safety tips that will help prevent exposure to carbon monoxide this winter season:

- Have any gas powered heating systems or other appliances inspected and/or service by a qualified technician each year.
- Install CO detectors right outside each sleeping area and on every level of your home or building. If the CO detector alerts, evacuate immediately to fresh air and call 911. Do not reenter until emergency personnel deem the location safe.
- Ensure any ventilation systems attached to dryers, stoves, fireplaces, furnaces, etc. are unobstructed and flowing properly.
- Never use a generator, charcoal grill, camp stove, or any other gasoline or charcoal-burning device inside your home, basement, or garage. Only use these outside, at least 20 feet away from window, doors, or vents. (CDC, 2022).

References

CDC (2022). You can prevent carbon monoxide exposure. Retrieved from: [Link to site](#)
National Weather Service (NWS) (n.d.). Retrieved from: <https://www.weather.gov/safety/cold-before>
Ready.gov (2023). Car Safety Retrieved from: <https://www.ready.gov/car>

For more winter season preparedness information, visit:

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