



MSFAkids

Safety and Awareness For Kids by Kids



Winter Storm Safety

BEFORE A WINTER STORM YOUR FAMILY SHOULD:

- Have a disaster plan.
- Prepare a disaster supplies kit for your home and car. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flashlight, protective clothing, and blankets.
- Be aware of changing weather.

DURING A WINTER STORM YOUR FAMILY SHOULD:

- Stay indoors and dress warmly.
- Eat regularly. Food provides the body with energy for producing its own heat.
- Drink water. Also, drink warm broth and juices.
- If you must go outside, wear layered clothing, mittens and a hat.
- Watch for signs of hypothermia and frostbite.
- Keep dry. Change wet clothing to prevent the loss of body heat.
- If you must drive, carry a cell phone.
- Keep the gas tank full.
- Let someone know where you're going, just in case your car gets stuck.
- If your car gets stuck, stay with it and wait for help unless help is visible within 100 yards. Use maps and car mats to stay warm.

AFTER A WINTER STORM YOUR FAMILY SHOULD:

- Avoid driving until conditions have improved.
- Avoid overexertion. Heart attacks from shoveling snow are the leading cause of deaths during the winter.
- Check on neighbors to make sure they're okay.

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