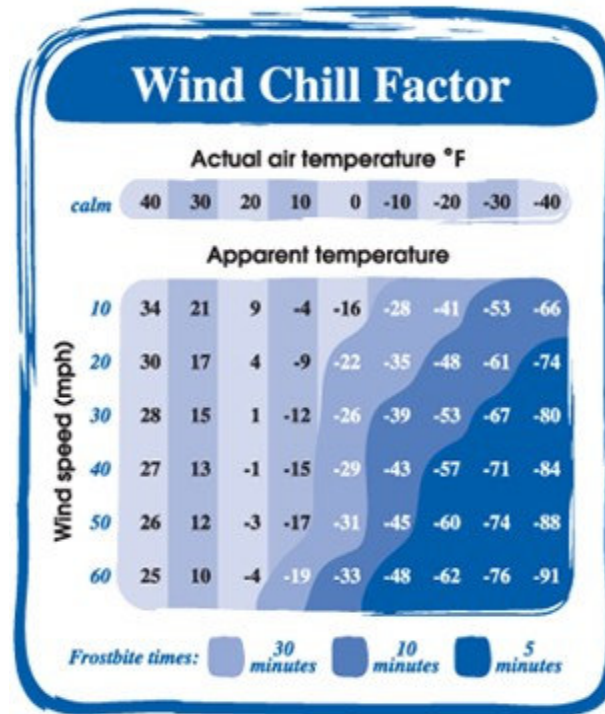


Winter Emergency Supply Kit for your Home

Winter Emergency Supplies for your home are as important as Winter Emergency Supplies for your car. Preparedness will help you better reduce the dangers of a winter storm.

- Have an alternate way to heat your home during a power failure. A fireplace, wood stove or kerosene heater with extra fuel.
- Electric space heater with automatic shut off
- Matches & candles
- Multipurpose fire extinguisher
- First Aid kit
- Battery powered radio & extra batteries
- Battery powered flashlight or lantern with extra batteries
- Non-perishable foods & manual can opener
- Appropriate warm clothing. Insulated underwear, many layers of thin clothing, mittens, hats, scarves, boots.
- Blankets and/or sleeping bags
- One gallon of water per-person in clean plastic bottles
- Special needs items such as medications & diapers
- Small toys, colors, markers, paper & other activities for children



STORY COUNTY EMERGENCY MANAGEMENT

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Winter Weather Home Preparedness Guide

STORY COUNTY EMERGENCY MANAGEMENT



ARE YOU PREPARED?

Heat Your Home Safely

- Use the fireplace, wood stoves or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not burn paper in a fireplace. Burning paper can fly out the chimney.
- Ensure adequate ventilation if you use a kerosene heater.
- Use only the type of fuel your heater is designed to use.
- Do not place a space heater within 3 feet of anything that may catch fire, such as drapes, furniture, or bedding.
- Never place a space heater on top of furniture or near water
- Use heaters that shut off automatically if they tip over & when the room is warmed.
- Never leave children unattended near a heater
- Always use a fireplace screen to prevent hot embers from popping out into the room.
- Keep flammable materials & flammable liquids away from any heating source. Vapors may be able to ignite.
- Have your fireplace chimney inspected and cleaned at least once a year.
- Never use a charcoal or gas grill indoors
- Never leave lit candles unattended
- Close off rooms that are not in use to conserve heat.
- Stuff towels or rags in cracks under doors, close draperies or cover windows with blankets at night

Fire Safety

Take the following steps to fireproof your home and to prepare your family in the event of fire.

- Install smoke alarms on each level of your home, at each staircase and near the kitchen & bedrooms.
- Install a carbon monoxide detector on each floor.
- Clean & test detectors regularly to ensure the batteries are in working condition
- Plan two escape routes out of each room & designate a meeting place to account for all family members
- Keep a collapsible ladder on the upper floors of the house.
- Learn your local emergency response number 9-1-1 or other local number

Using A Generator

- Never use an electric generator indoors, in the garage, or near the air intake of your house because of the risk of carbon monoxide poisoning.
- Plug in appliances to the generator using individual heavy-duty, outdoor rated cords

Winterize Your Home

- Insulate walls & attic
- Caulk & weather-strip doors & windows
- Install storm windows or cover windows from the inside with plastic

Keep Pipes From Freezing

- Wrap pipes in insulation or layers of old newspaper
- Let faucets slightly open so they drip continuously
- Know how to shut off water valves

Shovel Safely

Tragically an estimated 1,200 deaths annually are due to heart attacks precipitated by snow shoveling. Listed below are some Heart Smart tips for snow shoveling.

- Consult a doctor if you have had a previous heart attack or other cardiovascular disease
- Take frequent rest breaks during shoveling
- Use a small shovel and lift smaller amounts of snow
- Don't shovel when it is bitterly cold
- Don't eat a heavy meal or drink alcohol prior to shoveling
- Dress in warm layers and wear a hat

Warning Signs of Heart Attack

Call 9-1-1 immediately if you should have any of these signs and symptoms

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts for more than a few minutes, or goes away & comes back.
- Pain spreading to the shoulders, neck and/or arms
- Chest discomfort with lightheadness, fainting, sweating, nausea or shortness of breath

Walking on Snow & Ice

- Wear shoes or boots with rubber soles. Avoid plastic or leather
- Wear head covering that allows you to see in all directions
- Use care when entering & exiting vehicles
- Keep sidewalks free of ice and snow
- Keep & use supply of ice melt
- Try walking along grassy edge of sidewalk