

WINTER PREPAREDNESS TIPS

NEMCo focuses on educating our community about a variety of emergency preparedness activities, from preparing for disasters to offering seasonal preparedness tips. This edition of our NEMCo newsletter will focus on numerous safety and preparedness tips to help everyone better manage winter conditions.

STAY SAFE THIS WINTER!

Home Winter Preparedness Checklist		
<input type="checkbox"/> Select Foods See Additional Checklists	<input type="checkbox"/> Warm Clothing Hats, Mittens, Parkas, Boots	<input type="checkbox"/> Flashlights & Extra Batteries
<input type="checkbox"/> Disposable Dishware Plates, Bowls, Utensils	<input type="checkbox"/> Extra Blankets	<input type="checkbox"/> First Aid Kit
<input type="checkbox"/> Specialty Items Meds, Infant Formula, etc.	<input type="checkbox"/> Matches For Candles & Gas Fireplaces	<input type="checkbox"/> Cell Phone Fully Charged
<input type="checkbox"/> Portable Radio AM/FM/Wx Radio & Batteries	<input type="checkbox"/> Shovel/Snow Blower Check condition & maintain	<input type="checkbox"/> Firewood For Wood Fireplaces
Car Winterization Checklist		
<input type="checkbox"/> Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/> Inspect Tire Tread Replace if Near Wear Limit	
<input type="checkbox"/> Test Battery Replace if Necessary	<input type="checkbox"/> Install Snow Tires if You Own a Set	
<input type="checkbox"/> Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/> Test Headlights & Taillights	
<input type="checkbox"/> Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/> Add & Inspect Winter Survival Kit	
Home Winter Survival Food Checklist		
<input type="checkbox"/> Canned Fruits and Vegetables Requires a Manual Can Opener	<input type="checkbox"/> Bread and Condiments Keep Bread Frozen to Last Longer	
<input type="checkbox"/> Crackers, Nuts, Fruit Bars, Chips High Energy Foods	<input type="checkbox"/> Cereal and Toaster Pastries	
<input type="checkbox"/> Soups Some Soups Require Water or Heating	<input type="checkbox"/> Meals Ready to Eat (MREs)	
<input type="checkbox"/> Cookies and Hard Candy	<input type="checkbox"/> Bottled Water 1 gallon per person, per day (for at least 3 days)	
Car Winter Survival Kit Checklist		
<input type="checkbox"/> Flashlight & Extra Batteries	<input type="checkbox"/> Blankets/Sleeping Bag	<input type="checkbox"/> Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/> Sand/Kitty Litter Used for Traction
<input type="checkbox"/> Snow Shovel	<input type="checkbox"/> Bottled Water	<input type="checkbox"/> Cell Phone & Charger
<input type="checkbox"/> Ice Scraper with Brush	<input type="checkbox"/> Booster Cables	<input type="checkbox"/> Flares/Triangles & other Bright Objects

Get Your Home Ready

A concern during winter storms is their ability to cause power outages and trouble traveling, essentially immobilizing the region.

[Preparing Your Home For a Winter Storm](#)
[Winter storm safety | Red Cross](#)

Items to Check:

- Have your chimney or flue inspected.
- For older adults, keep an easy-to-read thermometer inside your home.
- Secure all lawn furniture and appliances against wind events.
- Clear all roof drains, gutters, and downspouts.
- Have your home heating system inspected prior to the cold weather.
- Check your home generator for operation and be sure you have extra fuel.
- Insulate all water lines and hose spigots.

Generator Safety

- Never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows. The fumes are deadly.
- Generators should be located at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector. [Generator safety | NFPA](#) [Power Outages and Indoor Air Quality | EPA](#)



[Winter Preparedness Tips](#). While most resources are from governmental entities, we are also offering a selection of other web resources. This does not imply endorsement of any particular person or business.

WWW.NorthShoreEMC.com



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VOLUNTEERS TRAINED TO PROVIDE EMERGENCY PREPAREDNESS AND AMATEUR RADIO COMMUNICATION SERVICES TO THE NORTHSHORE COMMUNITIES.



Click picture to goto weather.gov/safety

Medications

Preparing for winter with medicines involves a few key steps to ensure you stay healthy and your medications remain effective:

- **Stock Up:** Ensure you have a well-stocked medicine cabinet with essentials like pain relievers, cold and flu treatments, digestive aids, and first aid supplies
- **Check Expiry Dates:** Dispose of expired and replace them as needed.
- **Store Properly:** Keep medications in a cool, dry place away from direct sunlight and moisture. Some medications may have specific storage requirements, so be sure to follow those instructions.
- **Emergency Plan:** Have an emergency plan in place for power outages, which may affect refrigerated medications or power-dependent medical devices. Consider having a backup power source or alternative storage solutions. Have a paper copy of your medications in case you need to obtain emergency supplies from a pharmacist.
- **Stay Informed:** Keep an eye on weather forecasts and be prepared for potential winter storms that could impact your ability to get to the pharmacy or doctor.
- [Preparing Your Medicine for an Emergency | CDC](#)

Additional Resources

- [When you Should be Winter Ready \(Ready.gov\)](#)
- [Winter preparedness | NEMCo](#)
- [www.weather.gov/safety/winter | National Weather Service](#)

Winter Checklist

- Dress for the weather and for walking long distances - coats, boots, rain gear, and comfortable shoes.
- Identify the hazards in areas you frequent the most.
- Know how to communicate and who you will communicate with during severe weather or any disaster.
- Each family member, including your pets, should have an individual "GO KIT" at home, work, and school.
- Learn where to obtain severe weather and disaster information for home, work, school, and car.
- Listening to a battery operated NOAA Weather Radio receiver

Prepare Your Car

- Create an emergency supply kit for your car. Include road flares, jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks.
- Keep fuel level at half or above.
- Check your tires and spare tire (including inflation) and know how to use the car jack.
- Be sure you have water for 2-3 days in your vehicle (for each person and pet).
- Check that your flashlights are operational, and be sure you have extra batteries.
- Be sure you have sand and two blocks of wood for traction.
- Portable power stations to quickly charge batteries and inflate tires



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