



Winter storm

What to do before, during, and after a winter storm, blizzard, or extreme cold. Print it and keep it with your kit.

Before (preparation)

- Follow the **National Weather Service** for winter storm watches and warnings, and know when severe cold is on the way.
- Stock **water, non-perishable food, and medications** for several days in case you are snowed in or lose power.
- Keep **warm layers, blankets, and sleeping bags** ready, plus flashlights and a battery or hand-crank radio.
- Protect your pipes**: know where the main shutoff is, insulate exposed pipes, and let faucets drip in extreme cold.
- Charge your **phone and power banks**, and keep a list of who to check on nearby.

During

1. **Heat one room and gather there.** Close off unused rooms and keep the household together to hold the warmth.
2. **Dress in layers and use blankets.** Several thin layers trap heat better than one thick one, and cover your head and hands.
3. **Stay indoors and limit time outside.** If you must go out, watch for signs of frostbite and hypothermia and come back in to warm up.
4. **Keep food cold using the freezer or outside cold** if the power is out, and avoid opening the fridge and freezer more than you need to.
5. **Check on vulnerable neighbors**: older people living alone, those who are sick, and anyone who relies on electric medical equipment. Call 911 for emergencies.

After

- Watch for signs of hypothermia and frostbite** in yourself and others, and warm up gradually; seek medical help if symptoms are severe.
- Check your pipes for cracks or leaks** as things thaw, and shut off the water at the main if a pipe has burst.
- Clear snow carefully** and watch for ice on walkways and roofs; shoveling is hard on the heart, so pace yourself.
- Restock whatever you used from your kit, and note what you ran short on for next time.

Safety: never run a generator or grill, or use a gas stove or charcoal, to heat your home. Never run them indoors, in a garage, or near windows. They give off carbon monoxide, an odorless, invisible gas that can be deadly. Keep generators outside and far from doors and vents.

Get ready for winter weather in your area

The planner sizes your kit by people and days.

emergencykitlab.com/planner

