

PREPARING FOR WINTER STORMS



REDFORA GUIDES 



CHAPTER 1

GETTING STARTED WITH QUICK TIPS

Winter storms are one of the deadliest natural disasters in the United States, accounting for about 400 deaths every year. Winter storms also cause a lot of costly damage, mostly in the form of car accidents and frozen pipe damage, consistently topping \$2B.

We know we can't stop winter storms and blizzards from happening, but we can take a few simple steps ahead of time each year to be better prepared.

WINTER WEATHER WATCH TYPES

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Storm Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Know your Risks + Be Prepared for Anything

Stay alert. Use an [NOAA radio](#) to listen to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system.

Winter weather changes quickly and sometimes a temperature drop isn't forecasted but happens fast, creating slick road conditions or downed power lines.



CHAPTER 2

TIPS IF YOU MUST GO OUTSIDE

When a winter storm is rolling in, it's best to stay warm inside, but if you find that you must go outside for any reason follow these tips to stay warm:

1. Wear several loose-fitting and lightweight layers of warm clothing, topped with a water-resistant coat. If you don't have snow clothing then be sure to dress in enough layers to retain your body heat. Warm socks and thick hats can help significantly so don't miss that!
2. Stay dry. Remove any wet articles of clothing and replace with dry, warm clothes when inside.
3. Don't overexert yourself. Shoveling heavy and wet snow can cause strain on your muscles, heart, and spine. Be aware of what your body is telling you, and take breaks when needed.
4. Check for symptoms of hypothermia. Know the symptoms and when to reach out for help.

BE SURE TO WEAR



- ☐ warm hat
- ☐ loose fitting pants
- ☐ scarf to cover your neck and face
- ☐ mittens / gloves
- ☐ socks
- ☐ water proof shoes
- ☐ water resistant coat
- ☐ several layers of loose fitting shirts

WARNING SYMPTOMS OF HYPOTHERMIA



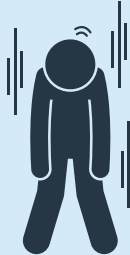
Intense
Shivering



Loss of
Coordination



Uncontrolled
Breathing



Extremely Low
Energy



Confusion
Speaking



Weak
Pulse



CHAPTER 3

11 EASY TIPS: PREPARING YOUR HOME & STOCKING UP ON SUPPLIES

1. Keep a stock of food and water

Winter storms can trap you at home behind snowdrifts or knock out the utilities you rely on to cook a meal. Stock up on no-prep food with a long shelf life: peanut butter, cereal, bread, crackers, canned food, granola bars, nuts, dried fruits, & protein bars.

You should also consider some practical emergency food and water options. The Pantry Prepper Pack will have you covered with food and water for up to 72 hours plus allow you to filter up 1,000 liters of drinking water. Simple packs like this tucked away in your pantry are the extra peace of mind you need that even if you're trapped at home for a few days without electricity you can keep your family fed and hydrated.

2. Check your medical supplies

Make sure you have a first aid kit, personal medications, and any technology that you might need for medical purposes set aside and ready for at least 72 hours, possibly longer if your area is known for winter storms. Some examples of critical needs you may forget about while emergency planning include oxygen tanks, mobility scooters and pacemakers on top of your daily medications.

3. Be sure to have extra toiletries

Be sure to have toilet paper, diapers, and feminine hygiene products available. No need to clear out every store shelf, but making sure you don't run low is a smart idea. Also keep in mind you'll want options to use without water like wipes or hand sanitizer.

4. Check your attic's insulation

The main cause of ice damming is the heat coming from your roof. Adding an extra layer of insulation to the attic or replacing it with better insulation entirely can lessen your chances of getting ice dams in your gutters.

Bonus, better insulation will also hold heat inside the home longer if you go without power. With cutting wind and low temperatures, you'll want to make sure the heat in your home stays there as long as possible.

5. Trim branches

Be sure to trim any trees that hang over your home or car. When covered in heavy ice or snow, branches can easily snap, falling on your home, car, or your family. Keeping them trimmed up greatly reduces this risk.

6. Check windows and doors

Ensure that areas around doors and windows are properly sealed to prevent cool air from coming in. Temporary solutions can include closing your blinds and laying a towel at the foot of your door, but it's best to invest in higher quality seals.

7. Prepare your pipes

Wrap your pipes with pipe insulation to prevent them bursting, particularly if they are within an external wall of your home or a poorly insulated basement. A broken pipe during a deep freeze can cause massive problems, damage, and leave you without running water for several days.

8. Clean your gutters

This is important to do every fall, ideally multiple times a year. Rid your gutters of fallen leaves and branches. If your gutters are full then there is a higher chance of them getting clogged and creating a dangerous ice dam.

9. Clean your chimney

Schedule a cleaning each year in the summer months to have your chimney cleaned. Especially if you don't use your chimney often you'll want to avoid any fires that come from debris getting crowded in. Similarly, if you're in a situation without power and you are using your chimney for the first time, do your very best to clear it ahead of time, open the flue before starting a fire, and always make sure you have a fire extinguisher nearby.

10. Shovel snow safely

When winter storms hit, people need to clear their walkways and driveways.

- Only shovel fresh, powdery snow. Avoid shoveling wet compacted snow
- Push the snow instead of lifting it
- If you do lift the snow, only fill the shovel half way to avoid overextension

11. Prepare for power outages

Winter storms can sometimes leave communities without power for an extended period of time. Consider portable solar-powered chargers for phones and tablets, and a generator to help keep power to things like your refrigerator. Flashlights are critical, solar chargers make things easier, and having some candles with matches is highly recommended.

12. Stay safe from carbon monoxide

If you use a gas powered generator or stove, keep it outdoors and well away from your home to avoid carbon monoxide poisoning. Add a carbon monoxide detector to each level of your home. Every year deaths during winter storms happen after the fact due to CO2 poisoning.

EMERGENCY PANTRY STAPLES



- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> Canned hearty soups | <input type="checkbox"/> Canned meats | <input type="checkbox"/> Canned fruits and vegetables |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Nuts | <input type="checkbox"/> Protein or granola bars |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Dry pasta | <input type="checkbox"/> Shelf-stable nondairy milk |



CHAPTER 4

DON'T RELY ON LUCK: 13 ITEMS TO PUT IN YOUR VEHICLE



Winter car preparation is crucial for staying safe in cold weather emergencies on the road. Being prepared will make things easier if you break down, get in a crash, or get stuck in the snow. Here are expert recommendations to keep in your vehicle:

1. Emergency Kit - filled with your basic needs like food, water, a mylar blanket, and other critical tools in case you get stranded.
2. Blankets, Gloves, and other winter clothing
3. Essentials like lip balm, SPF, and your sunglasses
4. First Aid Kit
5. Extra Windshield Washer Fluid
6. Emergency Flares or Reflectors
7. Shovel
8. Sturdy ice scraper and snow brush
9. Portable Phone Charger
10. Jumper Cables
11. Flashlight/NOAA Radio Combo
12. Rope or Chain for towing
13. Ice melt or sand



CHAPTER 5

WINTER DRIVING TIPS

Driving in winter conditions can be challenging and dangerous. Here are a few suggestions to make driving a little easier:

1. Defrost the windows on your vehicle before driving. Use an ice scraper or snow brush to get all ice or snow off your vehicle so that you can see clearly when driving.
2. Never warm your car up in a closed garage. This could lead to death by carbon monoxide poisoning.
3. Don't let your gas tank get below half full. This will help prevent your gas line from freezing up and allow you some buffer if you get stranded anywhere.
4. Check your exhaust pipe and ensure that it isn't clogged with mud or snow and kick off any collected snow in your wheel wells to allow for full exhaust and turn radius.
5. Don't use cruise control on icy roads.
6. Keep your distance from other drivers to allow more time for breaking when visibility is poor.
7. Test your car battery's strength and replace if needed.
8. Check the cooling system, oil levels, windshield wiper fluid, and antifreeze levels.
9. Check your tire's pressure, tread life and consider installing winter tires.
10. Inspect your wiper blades and ensure they are fully functional and in good condition.





CHAPTER 6

TIPS FOR KEEPING WARM AT HOME DURING POWER OUTAGES

Losing power during a winter storm means you will be responsible for maintaining the heat in your home as best as you can. Here are 12 tips.

1. Layer your clothing

Multiple layers of thinner breathable clothing will help your body retain heat without sweating. Layer shirts, pants, and socks and consider a coat, gloves, and a hat to help your body heat from escaping.

2. Hand warmers

Place hand warmers in your gloves or socks to help keep you warm but be careful to avoid direct skin contact if you have a body warmer. Pro tip: place the hand/body warmers in your armpits. It warms the blood traveling through your axial veins, which then dumps into your heart to circulate that newly warmed blood throughout your body.

3. Close doors to rooms you will not be using

This can be a tactic to contain heat where you and your family will be staying. No need to fully heat the guest bedroom.

4. Huddle in one small room

It's preferable to huddle in one small room on the south side where the sun's rays may shine into a window for warmth. Close the door and cover any vents to trap body heat.

5. If you have a tent, set it up inside and stay inside the tent

Tents are made to trap body heat. For extra warmth, throw a blanket over the tent.

6. Tape garbage bags, aluminum foil, or bubble wrap over your windows

For extra insulation, especially if you have an older home without double paned windows.

7. Close all blinds and curtains

Be sure to close all blinds and curtains after covering them with tape. This will block drafts and cold air from seeping through the glass

8. Cover door and window drafts

Roll up towels, blankets, or t-shirts and place them at the base of doors or on window sills to also prevent cold air from seeping through.

9. Burn candles

Burn candles in a safe location where they won't be knocked over. Grouping a few lit candles together on a table may generate a little heat to provide warmth and comfort.

10. Drink warm liquids

Whether it's hot chocolate, tea, or coffee. Use a small camp stove outside to heat your drinks. Drinking hot liquids every hour could help keep your body temperature up. Avoid drinking alcohol as this may provide temporary warm feelings, but actually works against your body's efforts to keep your core warm.

11. Pile on the blankets

Get comfy on the couch with many blankets. Be sure to also cover your head. Wool blankets provide the most warmth.

12. Use heated water bottles

Fill an old plastic water bottle with warm water and put it next to your body for warmth.



CHAPTER 7

RECOVERY AFTER A WINTER STORM

1. Assess any damage

Take a short walk around your home to check to see if there is any damage. If needed, you can text SHELTER + your zip code to 43362 in order to find your nearest shelter.

2. Beware of fallen power lines

Falling tree branches and limbs may cause power outages and dangerous live wires to be exposed. If you see a fallen power line, do not get close. Report it to 911.

3. Call your home insurance provider

Check your coverage to see if you're covered by winter storms. If you need federal assistance, apply for FEMA

4. Check on loved ones and neighbors

If it is safe, check on neighbors and call family members to alert them of your current situation.

5. Remove ice from walkways

In a bucket, combine a half-gallon of hot water, about six drops of dish soap, and $\frac{1}{4}$ cup of rubbing alcohol. Once you pour the homemade ice melt mixture onto your sidewalk or driveway, the snow and ice will begin to bubble up and melt. Be sure to keep a shovel handy to scrape away any leftover pieces of ice. Be exceptionally careful when treading on ice. Wear cleated shoes and walk slowly. A fall can cause an injury that can make your recovery process more difficult.