BE PREPARED FOR A WINTER STORM

Winter storms can cause travel hazards and higher risk of hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds

- People with disabilities, adults who are older, and children are at a greater risk from winter storm hazards.
- These types of storms can last a few hours or several days.
- The loss of heat, power, and communication services can occur.

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY!

Stay off the roads
Stay indoors and dress warmly
Prepare for power outages
Use generators outside only
Listen for emergency information and alerts
Check on neighbors
Look for signs of hypothermia and frostbite

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HOW TO STAY SAFE
WHEN A WINTER STORM THREATENS

PREPARE NOW

• Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
• Gather supplies in case you need to stay home for several days without power. Keep in mind each person’s specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
• Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

RECOGNIZE & RESPOND

• Stay off roads if at all possible. If trapped in your car, stay inside.
• Limit your time outside. If you need to go outside, wear layers of warm clothing.
• Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
• Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

SURVIVE DURING

Watch for signs of frostbite and hypothermia.
If you recognize the symptoms of either, follow the actions below immediately and seek medical attention as soon as possible.

• Frostbite causes loss of feeling and color around the face, fingers, and toes. Skin can turn white or grayish-yellow and become firm or waxy.
  — Actions: To warm the affected area, soak in warm water or use bodyheat. DO NOT massage or use a heating pad.
• Hypothermia is an unusually low body temperature accompanied by shivering, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. A temperature below 95 degrees is an emergency.
  — Actions: Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped in warm blankets, including the head and neck.

Take an Active Role in Your Safety
Go to Ready.gov and search for winter storm. Download the FEMA app to get more information about preparing for a winter storm.