

DON'T LET A WINTER STORM TAKE YOU BY SURPRISE ..

Keep yourself, your family, and your friends safe this winter with these essential tips:

- **Stay off roads whenever possible.** If stranded in your car, stay inside for safety.
- **Limit outdoor exposure** and dress in layers of warm clothing. Be alert to signs of frostbite and hypothermia.
- **Avoid overexertion** while shoveling snow or walking to reduce the risk of a heart attack.
- **Prevent carbon monoxide poisoning** by only using generators and grills outdoors and away from windows. Never use a gas stovetop or oven to heat your home.

HELPFUL RESOURCES

Explore these links for additional winter weather safety tips, videos, and resources to keep you prepared.

- Winter Storm Information Sheet (PDF)
- National Weather Service
- Power Outages and Indoor Air Quality (EPA)
- Preparing for a Winter Storm (CDC)
- Working in the Cold: Reducing Your Risk (CDC)
- NIOSH Fast Facts: Protecting Yourself from Cold Stress (NIOSH)
- Power Outage Safety (Red Cross)
- Winter Storm Safety (Red Cross)
- Snowstorms & Extreme Cold (FEMA)
- Be Prepared for Winter Driving (NSC)
- Prepare Your Workplaces or Organizations (Red Cross)

VIDEOS

- What to do if you're stuck on the road
- How to prepare for winter storm
- What to do during a blizzard
- Preparing for Winter Travel (FEMA)



Unlock free information and resources—explore them now at app.caresquad.com

Disclaimer: This flyer contains information that is not advice, and should not be treated as such.

You must not rely on this information as an alternative advice from an appropriately qualified professional.

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