

How To Stay Prepared!

PREPARING YOUR OWN EMERGENCY PREPAREDNESS KIT:

- Non-perishable foods/ready-to-eat food.
- Water
- Cash
- First-aid kit
- Portable radio
- Seasonable clothing
- Personal toiletries
- Baby items, pet food, medical prescriptions, etc... as needed

PREPARE YOURSELF

- Protect your body's extremities (ears, fingers, toes, and nose) as they are at risk of frostbite. Bundle up with hats or earmuffs, gloves, thick socks, and scarves.
- Make sure to layer up!
 - Start with a base layer of winter clothing to keep yourself dry. Recommendation: wear thermal clothing or a long-sleeve shirt.
 - Wear a middle layer of winter clothing (sweaters, hoodies, flannels, or other similar clothing items).
 - Wear an outer layer of rain gear to protect yourself from rain, snow, and wind.
- To protect your feet from rain and snow, wear waterproof winter boots!

PREPARING YOUR PETS

- Add pets to your emergency plan.
- Protect your pet's paws on walks by putting boots on their paws.
- Protect your pet's paws on walks by messaging their paw pads with petroleum jelly or paw creams to protect from the salt on sidewalks.
- If you have a pet, you can use alternatives to salt to de-ice your sidewalk and driveway.
 - Ex: sand, kitty litter, vinegar, coffee grinds, and pet-safe ice melt.
- Know your pet's limits being outdoors.
 - If you are feeling cold, your pet is most likely feeling cold as well.
- If you think your pet requires additional heating at home, you can provide them with a pet heating pad.
- Watch for signs of hypothermia in your pet:
 - whining, shivering, anxious, or moving slower than usual, or seems weak.
- If you suspect your pet is experiencing hypothermia, consult an animal hospital immediately.

PREPARING YOUR HOME:

- Use a shovel and salt to remove snow and ice from your sidewalk and driveway to prevent injury from slips and falls.
- Learn how to prevent your pipes from freezing.
- Speak to your household members about what you would all do during a winter weather-related emergency.
- Create an Emergency Preparedness Kit.
- Make sure your furnace is working efficiently.

INSULATING YOUR HOME

- Make sure your windows are sealed.
 - Consider applying silicone caulk that's labelled as 'removable' to spots along the windows where the old caulk has gone. This is a great option for renters because it's not permanent.
 - Apply a window insulation kit or weatherstripping, found in most hardware stores.
 - Apply weatherstripping to your external doors to prevent air leaks.
- Install door sweeps to the bottom of exterior doors to block drafts.

GREEN WAYS TO PREPARE YOUR HOME:

- Heat your rooms strategically to prevent wasting energy by closing all unused rooms and spaces.
- Make sure no vents are blocked off by furniture for proper airflow.
- Keep yourself warm with layers.
 - Wear warm socks and slippers, and keep your floors insulated by adding rugs if needed.
 - Use blankets in common spaces to stay cozy.
- Sustain a steady temperature during the day and turn your thermostat down a few degrees while you sleep.
 - This helps conserve energy at night and prevents your furnace from working overtime.
- If it's sunny in the daytime, open the curtains to your windows where sunlight is coming. Allow the sun to warm up the space and close your curtains when the sun goes down.

PREPARING YOUR VEHICLE:

- Carry blankets in your car for warmth.
- Carry rock salt in your car to melt ice and improve traction.
- Carry an Emergency Preparedness Kit in your car.
- Carry brushes and scrapers to remove ice and snow from your car windows and roof for safety.
- Carry a small shovel in your car for snow removal.
- Equip your car with winter tires to prevent accidents on the road.