SOUTH KING FIRE

Winter Storm Preparedness

A winter storm can last a few hours or several days, cut off heat, power and communication services and put older adults, children, sick individuals and pets at greater risk.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights.

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.

Pay attention to emergency information and alerts.

Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

- Stay off roads if at all possible. If trapped in your car, stay inside.
- If you must go outside keep your nose, ears, cheeks, chin, fingers, and toes covered in warm, dry clothing.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.
- Generators and fuel should always be used outdoors and **at least** 20 feet away from windows, doors and attached garages.
- **NEVER** use a generator, camp stove, charcoal grill, gasoline or propane heater indoors. **NEVER** heat a home by using the stovetop or oven.
- Keep anything that can burn at least 3 feet away from a fireplace, wood stove, or space heater.
- Check local resources for warming centers near you.

Frostbite causes loss of feeling and color around the face, fingers and toes.

- **Signs**: Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions**: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

For more information or in person training please fill out a participation request form online at SouthKingFire.Org or email CAO@SouthKingFire.Org

- **Signs**: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions**: Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Plan to Stay Connected

Sign up for free emergency alerts from your local government.

Plan to monitor local weather and news.

Have a backup battery or a way to charge your cell phone.

Have a battery-powered radio during a power outage.