Stay Safe During Cold Weather

Heat Your Home Safely

- Weatherproof your home for cold weather.
- Keep extra blankets, sleeping bags, and warm coats.
- Have flashlights and batteries ready.
- Stock enough wood, pellets, or propane for heat.
- Store enough food and water.
- Eat healthy foods and avoid alcohol.

Dress Warm & Stay Dry

- Stay indoors during extreme cold.
- If you travel, tell family or friends your plans.
- Keep trips outside short.
- Dress in warm layers before going out.
- Don't ignore shivering it means you're losing heat.



