



Fall & Winter



Fast Facts for Weather Preparedness

In the midst of Hurricane Season, along with the slippery leaves, roads and freezing temperatures that follow, the end of the year brings about a number of hazards. We must prepare for extreme cold, freezing rain, snow, ice, and high winds using the following tips!

Emergency Supply Materials

- Water (one gallon per person per day for at least 3 days)
- Food (at least 3 days of non perishable food)
- Battery powered weather radio with extra batteries
- Flashlight & extra batteries
- Whistle to signal for help
- First Aid Supply Kit
- Local Maps
- Phone Charger
- Important family documents and contacts
- Dust mask, plastic sheeting and duct tape to shelter in place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food
- Prescription Medications
- Sleeping bag(s) & blankets
- Pet food & extra water
- Extra clothing

Tip*: Create a similar supply kit for your car too, don't forget a shovel!

Monitor Weather Forecasts

Advisory: Be aware that bad weather is likely

Watch: Be prepared for bad weather to happen, likelihood of conditions are increasing

Warning: Severe weather is imminent or already occurring, take necessary precautions

Stay Informed! Download a weather app and sign up for alerts (AccuWeather, WTNH, The Weather Channel)

Family Communication Plan

Involve the **whole** family in the conversation! Develop an emergency preparedness plan, discuss the type of emergencies possible in your area. Identify important contacts and relocation points. Review where your emergency supplies are stored and replenish regularly. Make sure they know how to turn off the water, gas, and electricity in your home and understand when doing so is necessary.

It's Flu Season! Fight the flu & stop the spread by getting yourself and your family vaccinated. Visit www.qvhd.org/Flu or vaccinefinder.org for more information!

Weather Safety

Hurricanes

Hurricanes are massive storms that form over warm ocean waters & move toward land. The Atlantic Hurricane season runs **June 1st through November 30th** but is most active in September.

Determine your best protection for **high winds & flooding**. **High Winds:** take shelter in a designated storm shelter or a small, interior, windowless room or hallway on the lowest level - always evacuate if told to do so.

Flooding

Keep important documents in a waterproof container. Create password-protected digital copies.

Protect your property. Move valuables to higher levels.

De-clutter drains and gutters. Install check valves.

Consider a sump pump with a battery.

- If your vehicle is trapped in rapidly moving water, then stay inside. If water is rising inside the vehicle, then seek refuge on the roof.
- If trapped in a building, then go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Once there, signal for help

Do not walk, swim, or drive through flood waters.

Turn Around. Don't Drown!

Snow Storms & Extreme Cold

- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.

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

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.

After a Storm

Assess your surroundings for danger:

- Watch for downed power lines that are still live
- Avoid wading in flood water - wear protective clothing during clean up & always work with someone else.
- Look out for broken glass, nails and other sharp debris.

Check on your neighbors!



Prepare & Stay Aware!

Information amended from ready.gov