

# Stay Safe During Winter Weather

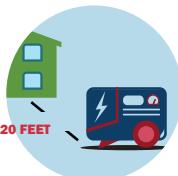
As temperatures plunge, be prepared.



## Did you know?

Even in above freezing weather, hypothermia can occur when your core body temperature drops below 95°F.

## How to be #WinterReady



### Beware of Carbon Monoxide Poisoning

Only use generators and grills outdoors and at least 20ft from windows or doors. Never heat your home with a gas stovetop or oven.



### Learn How to Spot Frostbite and Hypothermia

Signs of frostbite: loss of feeling and color around the face, fingers and toes. Signs of hypothermia: shivering, exhaustion, memory loss and drowsiness.



### Dress in Layers

Cover all exposed skin and wear loose layers to keep warm. Consider wearing a hat, scarf and mittens.



### Give Heaters Space

Portable heaters should be kept at least 3ft from flammable materials like curtains, furniture and bedding.



### Check on family members, older adults and neighbors

Reach out to those without reliable heating or those who spend much of their time alone.



### Winterize Your Home

Keep out the cold with insulation, caulking or weather stripping around windows and doors.



### Know Your Nearest Warming Center

Know where to go if your home loses power. Locate warming centers, public libraries or shopping malls in your area.



### Create an Emergency Supply Kit for Your Car

Include jumper cables, sand or cat litter, a flashlight, warm clothes, blankets, shovel, ice scraper, snow brush, water and snacks.



Prepare for the winter weather, visit [ready.gov/winter-ready](http://ready.gov/winter-ready)



#WINTERREADY

Ready