

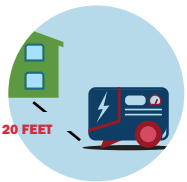
Stay Safe During Winter Weather

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.



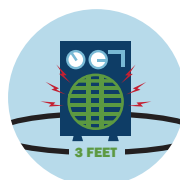
Learn How to Spot Frostbite and Hypothermia

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



#WINTERREADY

Ready ✓