

# Winter Storm Planning Tips



Planning is a huge part of any type of prevention work, and The Prevention Council would love to help you and your family create a safety plan for this winter season.



Visit Our Website

## Great Places To Stock Up On Supplies While On A Budget

- Five Below
- Dollar Tree
- Big Lots
- Dollar General
- Family Dollar
- Walmart

Pro Tip: Purchase these items slowly over the year. Planning your purchases can help with spread out the cost of funding your supplies.



## STORM SAFETY TIPS:

- Take breaks when shoveling and be careful not to over exert yourself as this could lead to instances of a heart attack. If experiencing shortness of breath, chest pain, and discomfort in the arm or should call 911.
- Prevent water pipes from freezing by allowing the faucet to run a little/drip.
- Do NOT use your stove to heat the house.
- Do not leave candles burning while sleeping



## THE RED CROSS: TREATING FROSTBITE

- Move to a warm place
- Warm the affected area gently by soaking in warm water (NOT hot) until the skin appears normal and feels warm
- Seek emergency medical care

# Build Your Home Survival Kit



Create your perfect winter survival kit to utilize in any emergency. Also, be sure to find a safe accessible place to store it. Also be sure to regularly maintain and update your kit as needed.

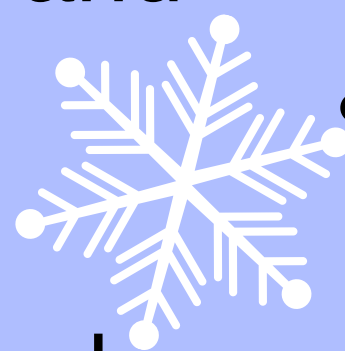


## ITEMS TO CONSIDER FOR YOUR HOME:



Pro Tip: A good rule of thumb is to have at minimum three days worth of supplies for each member of your household.

- Have a supply of medications (prescription/non-prescription two week supply) and first aid supplies
- Have extra food (Canned Foods (pull up lid, fruit, ravioli, tuna, peanut butter and jelly, bread, crackers, jello, snack bars, etc)
- Have extra water (1 gal per person/per day)
- Have a portable radio, flashlights and extra batteries
- Phone tree/contact list
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Cell phone with chargers and a backup battery
- Warm clothing/blankets
- Pet Food
- Cell phone with chargers and a backup battery
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Babies: (food 7-10 days, diapers, wipes, formula)
- Snowsuits in the event of power outages
- Battery operated candles
- Tea light candles
- Paper and pencil
- Books, games, puzzles or other activities for children

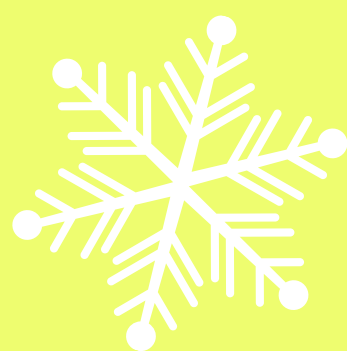




# Build Your Car Survival Kit

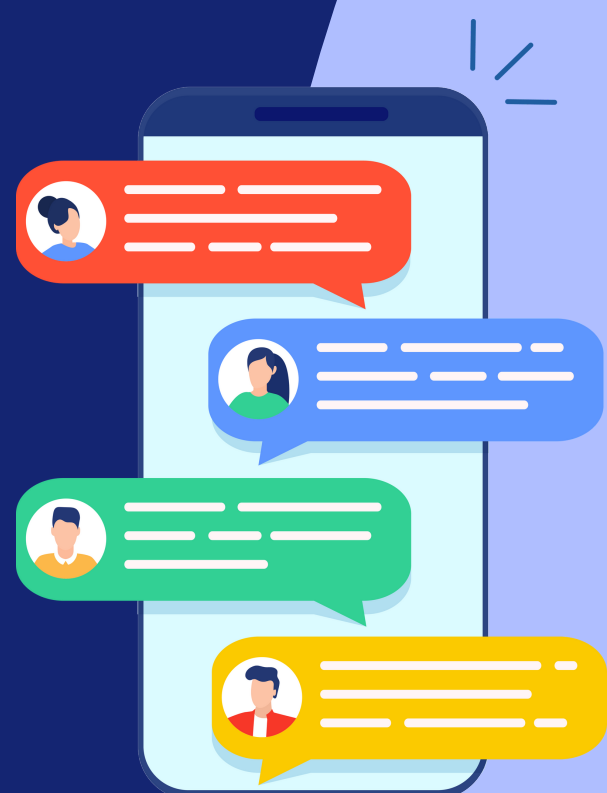


When creating a kit with the items below, remember to store it in an accessible place inside your vehicle (ie. in your trunk or under a car seat.) You want to be able to grab it if you are stuck in your vehicle.



## ITEMS TO CONSIDER FOR YOUR CAR

- Bottles of water
- snacks/small food items
- Blanket
- First aid supplies
- Snow brush
- Portable Phone Charger
- Flashlight/batteries
- Extra warm clothing
- Important medication
- Shovel
- Important contact info



Pro Tip: Be sure to fill your car's gas tank prior to an incoming storm:



## STAY CONNECTED

Have a system in place (like a phone or text tree) to share information and to let others know your safety status. When we stay connected to neighbors and loved ones it prevents the feeling of worry and isolation that can occur during a winter storm. This also provides a way to quickly signal instances of distress.

Be mindful that during a storm landlines may be down.

# Winter Storms & Extreme Cold



[Get the ReadyErie Preparedness app](#)

The app is available for residents to make and share emergency plans, as well as receive information from Erie County during emergencies.



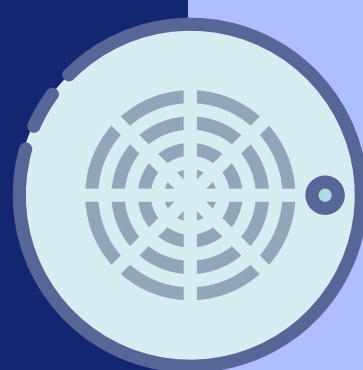
## IF YOU ARE UNDER A WINTER STORM WARNING

- FIND SHELTER RIGHT AWAY
- Stay off the roads
- Clear exhaust vents
- Stay indoors
- Bring your pets inside
- Listen for emergency information and alerts
- Locate electrical boxes and water shut off
- Use generators outside only
- Stay aware of the risk of hypothermia and frostbite
- Check on neighbors and loved ones

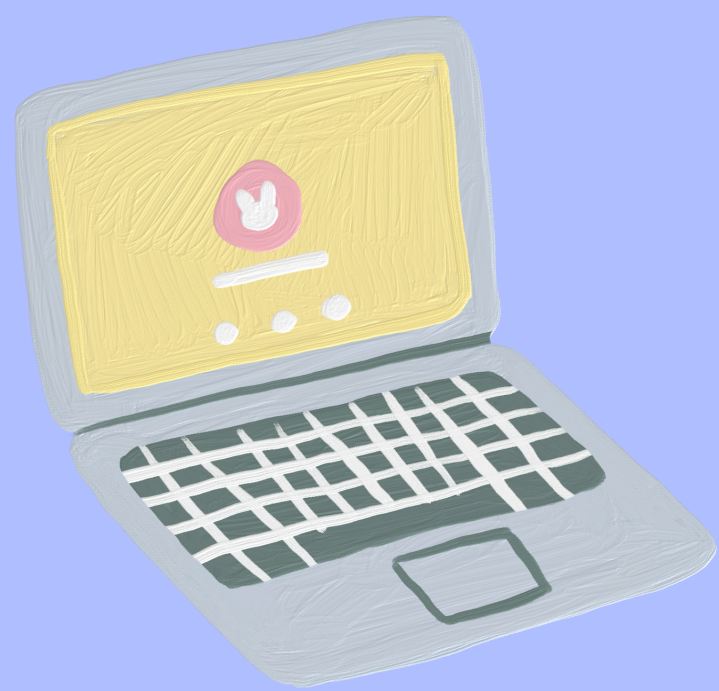


## PRIOR TO A STORM REMEMBER TO:

- Have snow removal tools (ie. shovel, salt)
- Check your carbon monoxide detector is working  
Poisonings can become a risk when stuck dryer vents and snow-covered furnace vents occur
- Check Your smoke detectors
- Know how to shut off utilities in your home
- If you have a fireplace, make sure it is working and that there is wood available if needed for heat







## SOURCES



Winter Storms & Extreme Cold | Health ([erie.gov](http://erie.gov))



Winter Storm Preparedness & Blizzard Safety | Red Cross

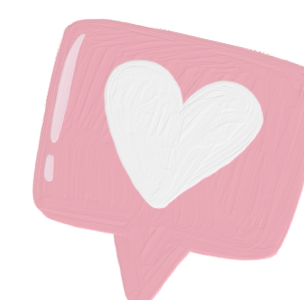


Preparing for a Winter Storm|Winter Weather ([cdc.gov](http://cdc.gov))



## OTHER RESOURCES

Need Help? Dial 2-1-1 ([211wny.org](http://211wny.org)).



Senior Services WNY (<https://www3.erie.gov/seniorservices/>)\_  
(716) 858-8526



The Crisis Counseling 24-Hour Hotline ([crisisservices.org](http://crisisservices.org)).  
(716)834-3131



JustTellOne ([justtellone.org](http://justtellone.org)).  
(716)245-6JT1 (6581)



The National Weather Service ([weather.gov/buf/](http://weather.gov/buf/)).

