



Be PREPARED for WINTER WEATHER

Winter storms can last for days. Being prepared and paying attention to the forecast and alerts are essential to staying safe.



Did you know...

Frostbite can occur in less than **10 minutes**.*



In just the time you are waiting for your train or bus, frostbite can occur! **Higher winds can make the air feel colder and quicken frostbite or hypothermia.**

About **70%** of injuries related to ice and snow occur in automobiles.†

BEFORE WINTER WEATHER



Prepare Your Home

- Weatherproof windows and doors.
- Test smoke and carbon monoxide detectors.
- Have your chimney inspected.
- Prepare for power outages. Store food, water, and supplies.
- Keep your thermostat at or above 65° F to prevent pipes from freezing.
- Do not use stoves or ovens for heating.
- Clear snow from home furnace exhaust pipes.



Prepare Your Car

- Stay off roads if possible.
- Make an emergency kit for your car.
- Replace worn tires and check tire pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Check antifreeze level and have your radiator system serviced.
- Replace windshield-wiper fluid with wintertime mixture.
- Clear exhaust pipe of snow and ice.

COLD WEATHER SAFETY

Dress FOR THE WEATHER

A SCARF OR KNIT MASK THAT COVERS FACE AND MOUTH

A HAT

MITTENS OR GLOVES

A WATER-RESISTANT COAT

WATER-RESISTANT BOOTS

SEVERAL LAYERS OF LOOSE-FITTING CLOTHING



Signs of FROSTBITE

- Pain, tingling, or numbness may be the first sign of frostbite
- White or blueish-gray skin
- Unusually firm or waxy skin



Signs of HYPOTHERMIA

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory Loss
- Slurred Speech
- Drowsiness



CALL 9-1-1

Seek medical attention **immediately** if someone is experiencing hypothermia or frostbite! While waiting:

- Use warm (not hot) water on areas of frostbite.
- Warm up slowly!
- Remove any wet clothing.
- Drink warm beverages.

WINTER STORM SAFETY

Using a GENERATOR

- Always use a generator outside
- Use heavy duty extension cords
- Keep the generator dry
- Let the generator cool down before refueling

SHOVELING Safely

Shoveling can increase your risk of a heart attack. If you're experiencing signs, **Call 9-1-1.**

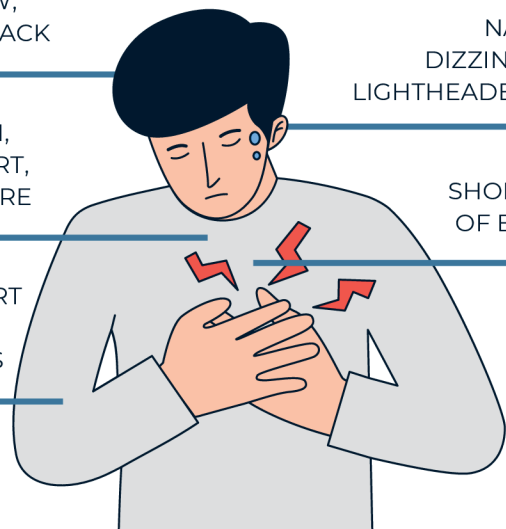
PAIN IN JAW, NECK, OR BACK

NAUSEA, DIZZINESS OR LIGHTHEADEDNESS

CHEST PAIN, DISCOMFORT, OR PRESSURE

SHORTNESS OF BREATH

DISCOMFORT IN ONE OR BOTH ARMS



Source: Centers for Disease Control and Prevention

For emergency preparedness tips, visit [Boston.gov/emergency](https://www.boston.gov/emergency)
For additional information, visit [Ready.gov](https://www.ready.gov) and download the FEMA app.

