



Caregiver and Eldercare Winter Storm and Emergency Preparedness

Preparation for Winter Storms – Prepare a Storm Plan

Assemble a Disaster Supplies Kit Containing

- First aid kit and essential medications.
- Extra blankets.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots.
- Battery-powered NOAA Weather radio, flashlight, and extra batteries, battery powered lamps.
- Canned food and can opener. High calorie foods that do not require cooking such as dried fruit and nutrition bars or candy. Pet food too please, if applicable.
- Bottled water (at least one gallon of water per person per day to last at least 3 days).
- Extra warm clothing, including boots, mittens, and a hat.
- Assemble a Disaster Supplies Kit for your car, too.
- Have your car winterized before winter storm season.
- Don't forget to take care and prepare your pets for winter too!
- Have emergency heating source, such as a fireplace, wood stove, space heater, etc. make sure you have proper ventilation and use properly to prevent an accidental fire.

During a winter storm:

Staying indoors is the best approach to protecting you and your aging loved one from winter storms.

- Listen to a [NOAA Weather Radio](#) or local radio or television stations for the latest updates concerning the weather.

- Use fire safely while indoors- be careful of heating and open flames in poorly ventilated areas.
- You may want to stay out of unneeded rooms and find ways to conserve fuel.
- Wear layers of loose-fitting, lightweight, warm clothing. If you feel that you are getting too hot, you can remove layers as needed.
- You must keep your clothes dry. If they get wet, you must change clothes since wet clothing will not keep you warm.
- Eat regularly and keep well hydrated with water. Food serves as a means of providing energy and keeping your body warm.
- To keep warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep legs and shoulders warm and wear a hat or cap indoors.
- Make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia in older people.
- Check with your doctor to see if any medications (prescription or over the counter) you are taking may increase your risk for hypothermia.

If you need to go outside during a winter storm, proceed with caution. Make certain that you keep your body warm and protected. Pay particular attention to your hands, feet, and head- wear enough clothing to keep these areas warm.

- Try not to stay outdoors in extremely cold temperature for long periods of time. You will need to go indoors to keep warm every 30-60 minutes. If you feel numbness in your fingers or toes, go indoors as soon as possible.
- Be carefully where you walk- stay away from icy sidewalks.
- Rock salt will melt ice on walkways and sand will improve traction.
- Learn how to handle frostbite and hypothermia - prolonged exposure to extremely cold temperatures can become life-threatening.
- If you need to travel, inform someone of your destination, including primary and alternate routes.
- Try not to travel alone when there is winter weather advisories issued.

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