

Tips to Stay Safe in Bad Weather

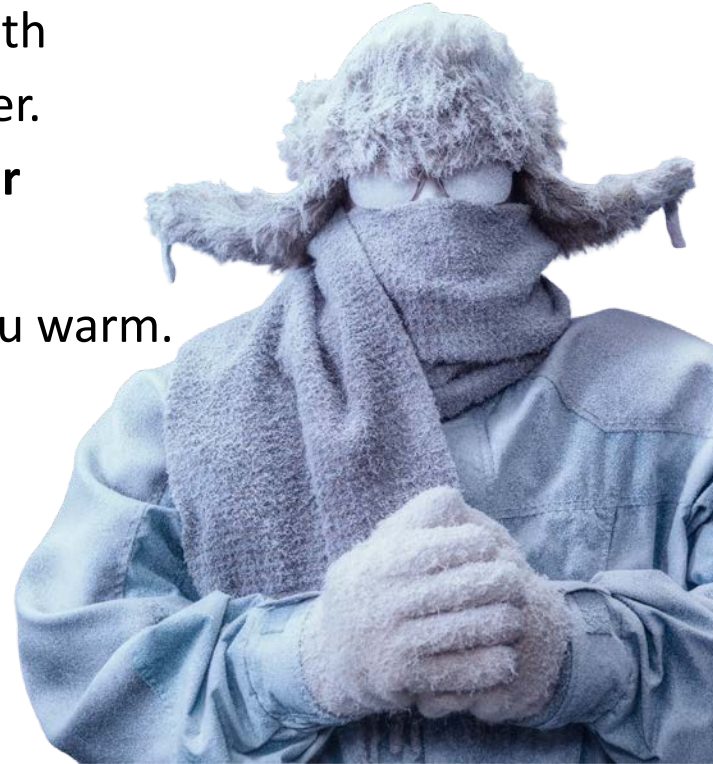


Sign up for Emergency Alerts and Local Weather Alerts in your state. They let you know about storms, floods, fires, and power outages. They send you text messages telling you what is going on, where it is and what to do.



Wearing the Right Clothes to Stay Warm

- **Dress in Layers** – Start with lightweight thermal underwear to hold in heat without feeling bulky. These are also soft and comfortable for sensitive skin.
- **Easy-to-Wear Winter Clothes** – Look for clothes with **Velcro or magnetic closures** to make dressing easier. Wear a **scarf, winter hat, and thermal gloves under mittens** for extra warmth.
- **Pick Warm Fabrics** – Fleece and wool help keep you warm. If wool feels itchy, choose **soft, tag-free** options.
- **Keep Your Feet Warm and Dry** – Cold feet make it harder to stay warm. Wear **extra-warm socks** and **waterproof, insulated boots** to keep your feet dry and prevent slipping on ice.



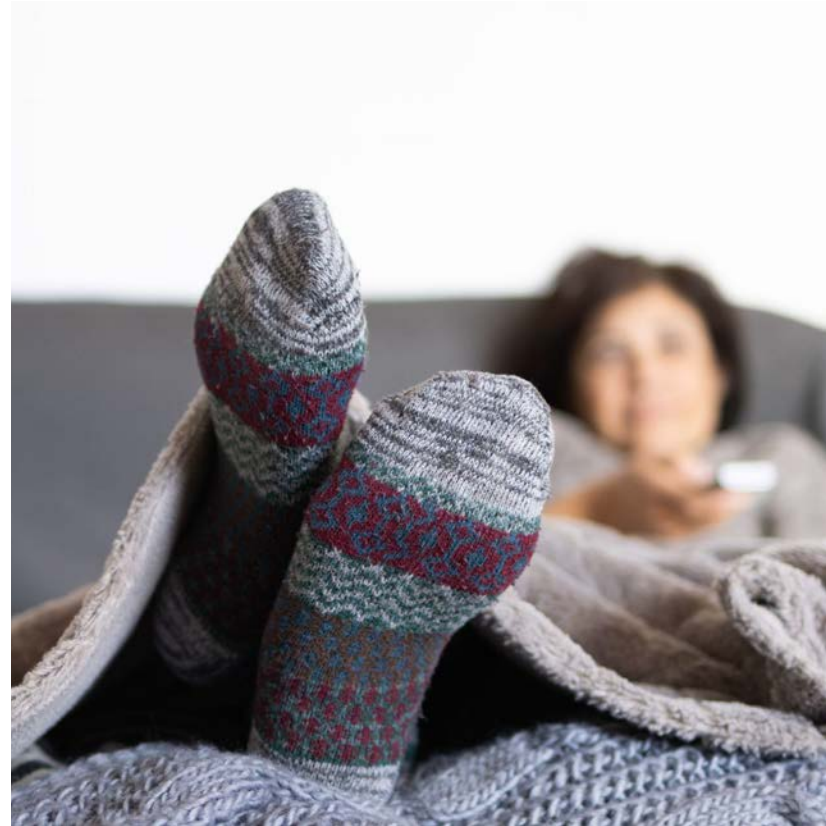
How to Prevent Slips and Falls

- **Wear the Right Shoes** – Choose **waterproof boots** with **non-slip soles** to help you walk safely on ice.
- **Make Walkways Safer** – Sprinkle **sand, salt, or non-clumping kitty litter** on sidewalks and steps to stop them from being slippery.
- **Use Ice Grips** – If you use a **cane, walker, or wheelchair**, consider adding **ice grips** to help with traction.
- **Hold Onto Railings** – Make sure **stairs have railings** to help you stay steady when walking up or down.



How to Keep Your Home Warm in Winter

- **Keep Cold Air Out** – Use **weatherstrips** to seal windows and doors so chilly air doesn't get inside.
- **Heat Your Home Safely** – If you use a **space heater**, pick one with a **remote control** and **automatic shut-off** for safety. A **smart thermostat** can also help you adjust the temperature easily.
- **Stay Warm with Blankets** – **Electric blankets** or **heated throws** can help keep you cozy. Some brands even make special ones for people who use **wheelchairs**.

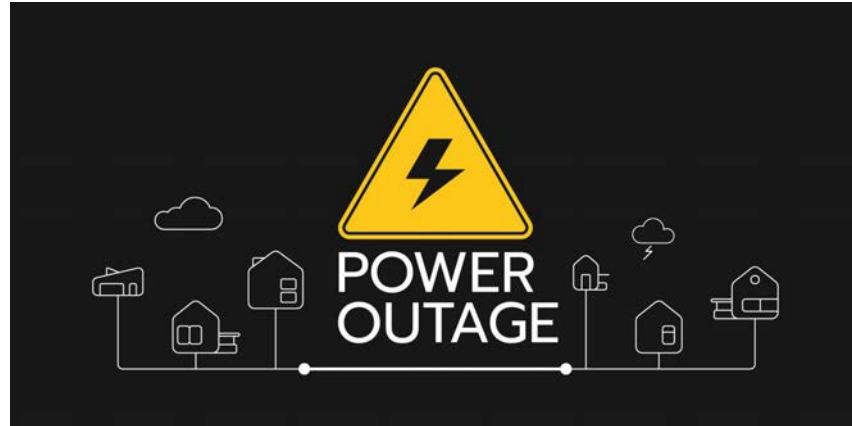




<https://www.youtube.com/watch?v=8JycvltJJSw&t=63s>

Prepare for Power Outages

- Have **backup power** if you rely on medical devices that need electricity.
- Keep **flashlights and extra batteries** nearby (avoid candles to prevent fires).
- Store **warm blankets and extra clothing** in case the heat goes out.



Winter Emergency Supply Checklist

- **Water** – Enough for 3 days. 1 gallon per day.
- **Food** – Enough for 3 days. Food that doesn't spoil.
- **Radio** – A battery-powered radio
- **Extra Batteries** – For radios, flashlights, etc
- **First Aid Kit** – For treating small injuries.
- **Medications** – A 7-day supply
- **Soap, toilet paper, toothbrush** & other care items.
- **Phone numbers for family and friends.**
- **Cash** – In case stores don't take cards.
- **Pet Supplies**
- **Sand or Salt** – To keep sidewalks and steps from getting too slippery.





- If you get **home supports**, make sure your **nurse or support staff** are part of your safety plan.
- **Plan for Vision Needs** – If you are **blind or have low vision**, keep a **talking clock, Braille clock, or large-print timepiece** with extra batteries.
- **Plan Your Transportation** – If you need **accessible transportation**, find out your options before an emergency. Ask about **public transit, paratransit, or local services** that can help you get to a safe place.



- If you need **life-saving treatments**, know where **other treatment centers** are in case your usual one is closed.
- Consider giving someone a **key** to your home.
- If you use a **device to speak**, have **laminated cards with pictures, phrases, or symbols** in case your device stops working.
- And do take time to have a snowball fight!



How to treat frostbite

<https://www.youtube.com/watch?v=e3eimijVeLw>