Preparing for Winter Storms and Extreme Cold

BEFORE:
- If you think you’ll need extra help during an emergency, enroll in RISNER! [https://health.ri.gov/emergency/about/specialneedsregistry/]
- Practice your family’s Emergency Communications Plan.
- Make sure you can heat at least one room in your home if power or a furnace is not available.
- Know how to shut off water valves.
- Be aware of parking bans.

DURING:
- Know the signs and treatments for cold-related illnesses like hypothermia and frostbite. For more, see [https://health.ri.gov/seasonal/winter].
- Wear layers when going outside. Limit exposure of your skin to the cold.
- Avoid drinking alcohol as it can lower the body’s ability to keep warm.
- Call 9-1-1 in the event of an emergency.

AFTER:
- Check on older family, friends, and neighbors or anyone who has a chronic medical condition.
- Be careful not to overexert yourself when shoveling snow. Stay hydrated.
- Do not run your vehicle until exhaust pipes have been cleared of snow.

RESOURCES:
- Rhode Island Special Needs Emergency Registry: [https://health.ri.gov/emergency/about/specialneedsregistry/]
- Rhode Island Department of Health, Winter Health Tips: [https://health.ri.gov/seasonal/winter/]
- CDC, Winter Weather: [https://www.cdc.gov/disasters/winter/index.html]
- Ready.Gov, Build a Kit: [https://www.ready.gov/kit]