



Protect Your Health During Winter Storms and Extreme Cold

BEFORE:

- Complete the My Emergency Plan Workbook. Use the QR code below.
- If you think you'll need extra help during an emergency, enroll in RISNER! Use the QR code below.
- Make an emergency kit with extra blankets. For help, visit ready.gov/kit.
- Know how to shut off water valves.
- Know where the warming centers are in your community. Visit: <https://riema.ri.gov/warming-centers>



DURING:

- Know the signs of and treatments for cold-related illnesses like hypothermia and frostbite. Use the QR code below.
- Know the signs of and how to prevent carbon monoxide poisoning. Visit: health.ri.gov/healthrisks/poisoning/carbonmonoxide.
- 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 relatives. Older adults are especially at risk for health problems when it is very hot or very cold.
- Be careful not to overexert yourself when shoveling snow. Stay hydrated.
- Do not run your vehicle until exhaust pipes have been cleared of snow.
- De-ice the sidewalk, driveway, and any well-traveled areas outside your home. This helps to prevent slips and falls.



RESOURCES:



My Emergency
Plan Workbook



Rhode Island
Special Needs
Emergency
Registry



Rhode Island
Department of
Health, Winter
Health Tips

- For more, visit health.ri.gov/emergency