

Winter Preparedness Checklist

Car and Emergency Checklist

•Cell phone, portable charger, and extra batteries •Shovel •Windshield scraper •Battery-powered radio with extra batteries •Flashlight with extra batteries •Water •Snack food •Extra hats, coats, and mittens •Blankets •Chains or rope •Tire chains •Canned compressed air with sealant for emergency tire repair •Road salt and sand •Booster cables •Emergency flares •Bright colored flag or help signs •First aid kit •Tool kit •Road maps •Compass •Waterproof matches and a can to melt snow for water •Paper towels

Food and Safety Checklist

•Drinking water •Canned/no-cook food (bread, crackers, dried fruits) •Non-electric can opener •Baby food and formula (if baby in the household) •Prescription drugs and other medicine •First-aid kit •Rock-salt to melt ice on walkways •Supply of cat litter or bag of sand to add traction on walkways •Flashlight and extra batteries •Battery-powered lamps or lanterns

Cooking and Lighting Checklist

•Use battery-powered flashlights or lanterns. •Never use charcoal grills or portable gas camp stoves indoors. The fumes are deadly. •Avoid using candles as these can lead to house fires. •If you do use candles, never leave lit candles alone.

Heating Checklist

•Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out: ☐Extra blankets, sleeping bags, and warm winter coats •Check with your local fire department to make sure that kerosene heaters are legal in your area. •Use electric space heaters with automatic shut-off switches and non-glowing elements. •Never place a space heater on top of furniture or near water. •Never leave children unattended near a space heater. •Keep heat sources at least 3 feet away from furniture and drapes. •Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning. •Do not use the generator or appliances if they are wet. •Do not store gasoline indoors where the fumes could ignite. •Use individual heavy-duty, outdoor-rated cords to plug in other appliances

Communication Checklist

•Find out how your community warns the public about severe weather: ☐Siren Radio ☐Television ☐Local public health and emergency management websites •Listen to emergency broadcasts. •Make a Family Communication Plan. Your family may not be together during an extreme winter event, so it is important to know how you will contact one another, how you will get back together, and what you will do during an emergency. Be sure to check on older neighbors and family members; assist as necessary.

This Health Education Information has been brought to you by: Macoupin County Public Health Department/MRC For more information please call Katie Yakos at 217-839-4111