

DECEMBER 2011

COLD WEATHER AWARENESS MONTH

Don't Get Caught In The Cold!



When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extremely cold temperatures often accompany a winter storm, so you may have to cope with power failures and icy roads. Cold related issues can occur inside your home as well. Remember that it doesn't have to be extreme cold to be dangerous. Many homes will be too cold-either due to a power failure or because the heating system is not adequate for the weather. Use the information on this bulletin to help you prepare for cold weather.

In addition to your regular emergency supply kit items, include the following:

- Alternate way to heat your home during a power failure; Dry firewood for a fireplace or wood stove, or kerosene for a kerosene heater, furnace fuel (coal, propane, or oil). Do not use Bar-b-que or charcoal grills inside your home.
- Electric space heater with automatic shut-off switch and non-glowing elements
- Blankets
- Matches
- Multipurpose, dry-chemical fire extinguisher
- First-aid kit and instruction manual
- Flashlight or battery-powered lantern
- Battery-powered radio
- Battery-powered clock or watch
- Extra batteries
- Non-electric can opener
- Snow shovel
- Kitty litter or rock salt (to pour on ice or snow to help with traction and melt the ice)
- Special needs items (diapers, hearing aid batteries, medications, etc.)
- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned food, and dried fruits. Remember baby food and formula if you have young children. Remember pet food if you have pets.
- Water stored in clean containers, or purchased bottled water (1 gallon per person per day) in case water pipes freeze and break.
- Medicines that your family members or pets may need.

HAPPY HOLIDAYS

✓ HEALTH TIP:

Eating well balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages-they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature. If you have any dietary restrictions, ask your doctor.

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