

## WINTER PREPAREDNESS

In preparation for the winter season and possibly another round of influenza, WHS has some safety tips for being 'winter prepared'. Simple steps to keeping you and your family safe and healthy during this season include being informed, making a plan and having a winter preparedness kit.

**Be Informed.** Know the weather conditions in your area. During inclement weather, check local radio and television stations for closings. Sign up for free emergency alerts through your applicable county if the service is available.



**Make a plan.** Develop a plan in the event of inclement weather in your area. Have emergency contact and utility company information easily accessible. Discuss the plan with your family. For information on developing a preparedness plan, visit [www.ready.gov](http://www.ready.gov) or [www.redcross.org](http://www.redcross.org).

<p><b>National</b> Weather Information – <a href="http://www.weather.com">www.weather.com</a></p> <p><b>Federal</b> Office of Personnel Management – <a href="http://www.opm.gov">www.opm.gov</a></p>
<p><b>District of Columbia Alert System</b> DC – <a href="https://textalert.ema.dc.gov/">https://textalert.ema.dc.gov/</a></p> <p><b>Maryland Alert System</b> Montgomery County – <a href="https://alert.montgomerycountymd.gov/index.php?CCheck=1">https://alert.montgomerycountymd.gov/index.php?CCheck=1</a> Prince George's County <a href="http://egov.goprincegeorges.county.com/e-updates/">http://egov.goprincegeorges.county.com/e-updates/</a></p> <p><b>Virginia Alert System</b> Loudoun County - <a href="https://alert.loudoun.gov/index.php?CCheck=1">https://alert.loudoun.gov/index.php?CCheck=1</a> Arlington County – <a href="http://www.arlingtonalert.com">www.arlingtonalert.com</a> Fairfax County - <a href="http://www.fairfaxcounty.gov/cean">www.fairfaxcounty.gov/cean</a> Stafford County – <a href="https://staffordalert.com/index.php?CCheck=1">https://staffordalert.com/index.php?CCheck=1</a></p>

**Have a kit.** Put together a **winter** preparedness kit of essential supplies that may be needed during an emergency, such as:

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| ✓ Food and water<br>(enough for 3 days per person)          | ✓ First Aid Kit  |
| ✓ Flashlights, battery powered<br>radio and extra batteries | ✓ Medication(s)  |
| ✓ Shovel/road salt  | ✓ Blankets and warm clothing   |
|   | ✓ Supplies for special members of the<br>household (infants, elderly, pets, etc) |

INFORMATIONAL WEBSITES	
<p>General information on winter storms, worker safety and winter driving from OSHA <a href="http://www.osha.gov/SLTC/emergencypreparedness/guides/winterstorms.html">http://www.osha.gov/SLTC/emergencypreparedness/guides/winterstorms.html</a></p> <p>Carbon Monoxide – A Winter Weather Hazard from the CDC <a href="http://www.cdc.gov/features/copoisoning/">http://www.cdc.gov/features/copoisoning/</a></p> <p>Winter Preparedness from FEMA <a href="http://www.fema.gov/areyouready/winter.shtm">http://www.fema.gov/areyouready/winter.shtm</a></p> <p>Road Safety information from the CDC <a href="http://www.cdc.gov/Features/RoadSafety/">http://www.cdc.gov/Features/RoadSafety/</a></p> <p>Fire Safety information from DHS <a href="http://www.usfa.dhs.gov/downloads/pdf/fswv14.pdf">http://www.usfa.dhs.gov/downloads/pdf/fswv14.pdf</a></p>	<p>Tips for SAFE WINTER WALKING can be located from the National Highway Safety Administration <a href="http://www.nhtsa.dot.gov/PEOPLE/OUTREACH/SAFESOBR/2OQP/planner/page8.html">http://www.nhtsa.dot.gov/PEOPLE/OUTREACH/SAFESOBR/2OQP/planner/page8.html</a></p> <p>Extreme Cold: A Prevention Guide to Personal Health and Safety from the CDC <a href="http://www.bt.cdc.gov/disasters/winter/guide.asp">http://www.bt.cdc.gov/disasters/winter/guide.asp</a></p> <p>Information on Influenza from <a href="http://flu.gov">http://flu.gov</a></p> <div style="text-align: right;"> </div>