



COMMUNITY SAFETY BULLETIN

Planning for Cold Weather

Bundle Up Simsbury

Plan to Stay Warm

- Stay warm indoors to prevent frostbite and hypothermia.
- Before the winter season begins, make sure you can heat your home safely. Prepare your home to keep out the cold with insulation, caulking, and weather stripping.
- Consider using an indoor thermometer or thermostat to monitor the temperature inside.
- Plan to check on loved ones and neighbors to make sure they are staying warm. This is especially important for older adults and babies.
- Drink plenty of warm fluids but avoid caffeine and alcohol.
- If you must go outside, plan to dress properly. Keep your nose, ears, cheeks, chin, fingers, and toes covered in warm, dry clothing. These areas are the first to be at risk for frostbite.
- Wear layers of loose clothing, a coat, hat, mittens, and water-resistant boots. Use a scarf to cover your face and mouth.
- Know where you will go if your home becomes too cold. You could go to a friend's house, a public library, or a warming center.



Have Emergency Supplies on Hand

- Gather food, water, and medicine before a winter event. Organize supplies into a Go-Kit and a Stay-at-Home Kit.
- Go-Kit: at least three days of supplies you can carry with you if you need to go somewhere else to stay warm. Include critical backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies.
- Ensure you have enough warm clothing, such as hats, mittens, and blankets, for everyone in your household.
- You may lose access to drinking water. Set aside at least one gallon of drinking water per person per day.
- Consider having emergency supplies in your vehicle, such as a blanket, warm clothing, a first aid kit, and boots.
- Have a supply of needed medications and medical supplies.



FROSTBITE	HYPOTHERMIA
A victim is often unaware of frostbite because frozen tissue is numb.	Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.
Signs & Symptoms <ul style="list-style-type: none">- Redness or pain in any skin area may be the first sign of frostbite. Other signs include: <ul style="list-style-type: none">- a white or grayish-yellow skin area- skin that feels unusually firm or waxy- numbness	Signs & Symptoms Adults: <ul style="list-style-type: none">- shivering- exhaustion- confusion- fumbling hands- memory loss- slurred speech- drowsiness Infants: <ul style="list-style-type: none">- bright red, cold skin- very low energy

Learn Emergency Skills

- Learn how to spot and treat frostbite and hypothermia.
- Install and test smoke alarms and carbon monoxide detectors with battery back-ups.
- Be ready to live without power, gas, and water.
- Learn how to keep pipes from freezing.

Plan to Stay Connected

- Sign up for free emergency alerts. <https://portal.ct.gov/ctalert>
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio to use during a power outage.
- Understand the alerts you may receive: A WATCH means Be Prepared! A WARNING means Take Action!

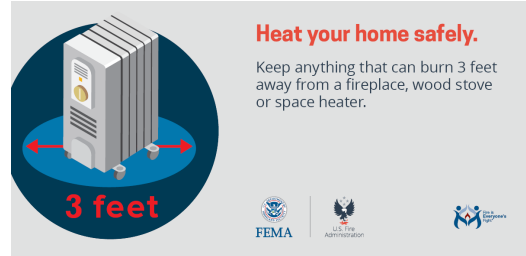


Heat your home safely.

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

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
- Fireplace that is up to code with plenty of dry firewood or a gas log fireplace
- Portable space heaters
 - Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords and power taps to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.



Light your home safely

If there is a power failure:

- Use battery-powered flashlights or lanterns rather than candles. Candles can lead to house fires.
- If you do use candles, never leave lit candles unattended.
- Use generators and other appliances safely.
- Generators should be located at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.
- Never using generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows. The fumes are deadly.
- Plug in appliances to the generator using individual heavy-duty, outdoor-rated extension cords.
- Do not store gasoline indoors where the fumes could ignite.



To keep pipes from freezing on an outside wall:

- Let hot and cold water trickle or drip at night from a faucet.
- Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or near an outer wall.
- Make sure heat is left on and set no lower than 55 degrees.
- If you plan to be away: (1) Have someone check your house daily to make sure the heat is still on to prevent freezing, or (2) drain and shut off the water system (except indoor fire sprinkler systems).

If Pipes Freeze:



1. Make sure you and your family knows how to shut off the water, in case pipes burst.
2. NEVER try to thaw a pipe with an open flame or torch. Use a hair dryer instead.
3. Always be careful of the potential for electric shock in and around standing water.

For Addition information in preparing for cold weather please visit the following links:

www.ready.gov/winter-weather

www.nfpa.org/Public-Education/Teaching-tools/Safety-tip-sheets

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>

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