

Be PREPARED for WINTER WEATHER

Winter storms can last for days. Being prepared and paying attention to the forecast and alerts are essential to staying safe.



Did you know...

Frostbite can occur in less than **10 minutes**^{*}



In just the time you are waiting for your bus, frostbite can occur! **Higher winds can quicken frostbite or hypothermia.**

About **70%** of injuries related to ice and snow occur in automobiles.[†]

BEFORE WINTER WEATHER



Prepare Your Home

- Keep your thermostat no lower than 65°F to prevent freezing pipes.
- Weather-proof windows and doors.
- Test smoke and CO detectors.
- Store food, water, and supplies to prepare for power outages.
- Clear snow from home furnace exhaust pipes.
- Have your chimney inspected.
- Do not use stoves or ovens for heating.



Prepare Your Car

- Stay off roads if possible.
- Clear exhaust pipe of snow and ice.
- Make an emergency kit for your car.
- Keep gas tank full to avoid icing.
- Maintenance:
 - Check tire pressure and replace worn tires.
 - Check antifreeze level and have your radiator system serviced.
 - Replace windshield-wiper fluid with wintertime mixture.

COLD WEATHER SAFETY

Dress FOR THE WEATHER



SCARF OR KNIT
MASK THAT COVERS
FACE AND MOUTH



HAT



WATER-
RESISTANT COAT

MITTENS OR
GLOVES



WATER-RESISTANT
BOOTS



SEVERAL LAYERS
OF LOOSE-FITTING
CLOTHING

Signs of FROSTBITE

- Pain, tingling, or numbness may be the first sign of frostbite
- White or blueish-gray skin
- Unusually firm or waxy skin

Signs of HYPOTHERMIA

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory Loss
- Slurred Speech
- Drowsiness

CALL 9-1-1

Seek medical attention **immediately** if someone is experiencing hypothermia or frostbite! While waiting:

- Use warm (not hot) water on areas of frostbite.
- Remove any wet clothing.
- Sip warm beverages.

WINTER STORM SAFETY

Using a GENERATOR

- Always use a generator outside.
- Use heavy-duty extension cords.
- Keep the generator dry.
- Let the generator cool down before refueling.

SHOVELING Safely

Shoveling can increase your risk of a heart attack. If you're experiencing signs, **call 911**.

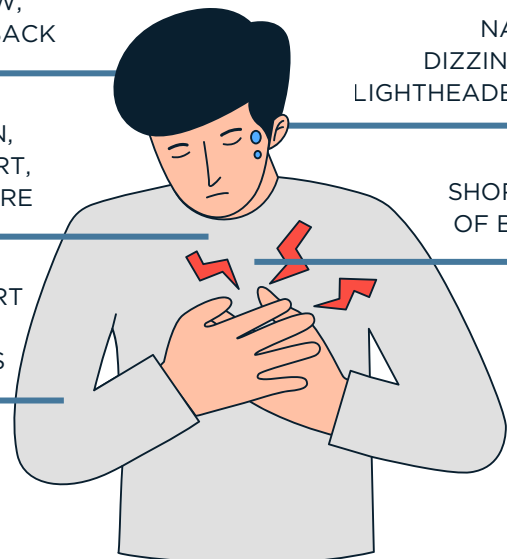
PAIN IN JAW,
NECK, OR BACK

CHEST PAIN,
DISCOMFORT,
OR PRESSURE

DISCOMFORT
IN ONE OR
BOTH ARMS

NAUSEA,
DIZZINESS OR
LIGHTHEADEDNESS

SHORTNESS
OF BREATH



9-1-1
Emergency

PVD311 Online
City Services

CodeRED Mobile App
Emergency Alert

1-855-743-1102
RI Energy power outages

