

READY TOGETHER FOUNDATION
COMMUNITY PREPAREDNESS RESOURCE LIBRARY

RTF-112

Winter Storm Preparedness Guide

A Practical Guide to Protecting Your Family Before, During, and After
Winter Storms

Building Resilient Communities Together

Winter Storms Demand Preparation

Winter storms can bring heavy snow, freezing rain, ice, strong winds, and dangerously low temperatures. These conditions can disrupt transportation, damage infrastructure, and leave families without power for extended periods.

Preparing before winter weather arrives helps protect your family and reduces the risks associated with cold temperatures.

Preparedness begins before the first snowfall.

Why Winter Storm Preparedness Matters

Preparing for winter storms helps your family:

- Stay warm and safe.
- Reduce the risk of cold-related illnesses.
- Prepare for power outages.
- Travel safely when necessary.
- Recover more quickly after severe weather.

Preparation helps prevent emergencies from becoming disasters.

Before Winter Storm Season

Take these important steps:

- ☐ Monitor weather forecasts regularly.
- ☐ Winterize your home.
- ☐ Prepare an emergency kit.
- ☐ Keep extra blankets available.
- ☐ Inspect heating equipment.
- ☐ Store enough food and drinking water.
- ☐ Prepare your vehicle for winter travel.
- ☐ Review your family emergency plan.

Preparation today provides peace of mind tomorrow.

Winter Emergency Supplies

Your emergency kit should include:

- ☐ Warm blankets
- ☐ Winter clothing
- ☐ Gloves
- ☐ Hats
- ☐ Extra socks
- ☐ Flashlights
- ☐ Extra batteries

- ☐ Battery-powered radio
- ☐ Bottled water
- ☐ Non-perishable food
- ☐ First Aid Kit
- ☐ Prescription medications
- ☐ Portable phone charger

Keeping Your Home Warm

During cold weather:

- ☐ Seal drafts around doors and windows.
- ☐ Keep extra blankets available.
- ☐ Dress in layers.
- ☐ Use heating equipment safely.
- ☐ Keep smoke alarms and carbon monoxide alarms working properly.

Never use outdoor grills or generators inside your home.

Staying Safe During a Winter Storm

If advised to stay indoors:

- ☐ Remain inside whenever possible.
- ☐ Limit unnecessary travel.
- ☐ Stay informed through official weather updates.
- ☐ Keep mobile phones charged.
- ☐ Check on neighbors who may need assistance.

Your safety comes first.

Winter Driving Safety

If travel is necessary:

- ☐ Check road conditions before leaving.
- ☐ Reduce your speed.
- ☐ Increase following distance.
- ☐ Keep your fuel tank at least half full.
- ☐ Carry a winter emergency kit in your vehicle.

If stranded, remain with your vehicle unless staying would be unsafe.

Preventing Cold-Related Illness

Watch for signs of:

Hypothermia

- ☐ Shivering
- ☐ Confusion
- ☐ Slurred speech
- ☐ Extreme fatigue

Seek medical attention immediately if symptoms become severe.

Frostbite

Common warning signs:

- ☐ Numbness
- ☐ Pale or waxy skin
- ☐ Hard or cold skin

Protect exposed skin from freezing temperatures.

Protecting Children

Help children stay safe by:

- ☐ Dressing them in warm layers.
- ☐ Limiting outdoor exposure.
- ☐ Keeping extra blankets available.
- ☐ Teaching them to come inside if they become cold or wet.

Prepared children stay safer during winter weather.

Protecting Older Adults

Older adults may be more sensitive to cold.

Ensure they have:

- ☐ Reliable heating.
- ☐ Warm clothing.
- ☐ Prescription medications.
- ☐ Emergency contacts.
- ☐ Regular wellness checks.

Caring for Pets

Remember your pets.

- ☐ Bring pets indoors whenever possible.
- ☐ Provide warm shelter if they must remain outside temporarily.
- ☐ Ensure access to fresh, unfrozen water.
- ☐ Protect paws from snow, ice, and salt.

Pets depend on you for their safety.

Ready Together Action

Complete these three steps this week:

- ☐ Prepare your winter emergency supplies.
- ☐ Inspect your home's heating system.
- ☐ Place a winter emergency kit in your vehicle.

Prepared families stay ready throughout the year.

Review Your Winter Preparedness

Review your winter safety plan:

- ☐ Before winter begins.
- ☐ After moving to a new home.
- ☐ After changes in household members.
- ☐ Every six months.

Preparedness is an ongoing commitment.

About Ready Together Foundation

Ready Together Foundation is dedicated to building resilient communities through emergency preparedness, emergency relief and response, youth engagement, and outreach to vulnerable populations.

Our work focuses on:

- Community Emergency Preparedness
- Emergency Relief & Response
- Youth Preparedness & Leadership
- Vulnerable Population Outreach

Together, we are building stronger, safer, and more resilient communities.

Ready Together Foundation

Building Resilient Communities Together

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Preparedness is a journey, not a one-time event. Every small step you take today helps protect the people you care about tomorrow.