



# WINTER STORM SAFETY CHECKLIST

Be Prepared: What to Do Before, During and After a Storm

## What to Do... Before a Storm Strikes

- Familiarize yourself with how to report a power outage in your area
- Find out how to get storm recovery updates and estimated restoration times
- Learn how to manually open and close any garage door, security door or gate that is electrically operated
- Have a family disaster plan and practice it. (Make sure you include your pets)
- Assemble a pet emergency preparedness kit (**see below**)

<b>PET EMERGENCY PREPAREDNESS KIT:</b>	
Medications and medical records	
First aid kit	
Sturdy leashes & carriers to transport pets safely	
Current photo of pets in case they get lost	
Food, drinkable water, bowls	
Manual can opener	
Cat litter/pan	
Information on feeding schedules, medical conditions, behavior problems	
Name/Number of your veterinarian	
Pet bed or toys if easily transportable	

Courtesy: American Red Cross

## What to Do... When a Storm is Approaching

- Stay up-to-date on changing weather conditions
- Make sure your cell phone is fully charged
- Set refrigerator and freezer controls to coldest settings
- Fill your car's gas tank
- Make sure your smoke and Carbon Monoxide detectors are working correctly
- Stock up on food
- Have an emergency preparedness kit ready (**see below**)

<b>EMERGENCY PREPAREDNESS KIT:</b>	
Water - 1 gallon per person, per day	Extra cash
Medications (7-day supply)	Pet supplies; Food, medications, toys, etc.
Medical supplies	Games and activities for children
Food - non-perishable, easy-to-prepare items	Cell phone charger

<b>Flashlight</b>	<b>Sanitation and personal hygiene items</b>
<b>First aid kit</b>	<b>Manual can opener</b>
<b>Extra batteries</b>	<b>Duct tape</b>
<b>Battery-powered or hand-crank radio</b>	<b>Emergency blankets</b>
<b>Baby supplies</b>	<b>Extra set of car and house keys</b>

Courtesy: American Red Cross

## What to Do... During a Severe Storm

- Stay up-to-date on changing weather conditions
- When a storm hits, stay indoors. If you must go outside, dress for the weather.
- Stay away from windows, doors and fireplaces.
- If you are advised by officials to evacuate, do so. Take your emergency kit with you.
- Do not use land-line telephones only cell phones
- **Watch for signs of frostbite**
  - Loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- **Watch for signs of hypothermia**
  - Uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first and give warm, non-alcoholic beverages, if the victim is conscious. Get medical help, as soon as possible.
- If you are in a car, stop the car away from trees or power lines that might fall on you. Stay there.

## During a Power Outage

Do not call 9-1-1 to report your power outage or ask for information, use 9-1-1 only for emergencies. Call your utility company to report the outage and get restoration information.

- **National Grid 1-800-465-1212**
- **NSTAR 1-800-592-2000**
- **WMECO 877-659-6326**
- **Unitil (FG&E) 888-301-7700**

- Stay away from downed power lines and debris-laden areas
- Turn off and disconnect electronic equipment such as computers, TVs, stereos, microwave oven, etc. to prevent possible damage.
- Leave a single lamp or radio turned on to alert you that power has been restored.
- Use your laptop or phone to report and check the status of an outage or downed power lines
- Keep the refrigerator and freezer doors closed to help keep food longer.
- If you use a generator, use it safely.

## Generator Safety Tips

- **Buy heavy-duty extension cord** - Make sure you have a heavy duty outdoor rated extension cord to feed the electrical equipment. Choose a cord that exceeds the total expected power load. An overloaded power cord can start a fire.

- **Install CO detector** - Generators emit carbon monoxide from the engine exhaust and this can be deadly if it gets inside your home.
- **Keep Generator Outdoors/Dry** - Make sure the generator is outdoors with cords running in through a door or window. Keep the generator dry because it may short circuit in wet conditions.
- **Never touch generator** - It can be hot even when it's operated for just a short period of time.

**If You Have a Home Medical Device**

If you use a medical device that requires electricity it is important to be prepared in the event of a power outage. **Print and fill out the below forms and post them on your refrigerator.**

<b>IDENTIFICATION CARD:</b>	
<b>Name:</b>	<b>Blood Type:</b>
<b>Date of Birth:</b>	<b>Allergies:</b>
<b>Sex:</b>	<b>List of Current Medications:</b>
<b>Address:</b>	
<b>Home Phone Number:</b>	
<b>Doctor's Name:</b>	
<b>Doctor's Phone Number:</b>	
<b>EMERGENCY CONTACTS:</b>	
<b>Notify 1 (Name):</b>	<b>Notify 2 (Name):</b>
<b>Relationship:</b>	<b>Relationship:</b>
<b>Phone Number:</b>	<b>Phone Number:</b>
<b>MEDICAL DEVICE INFORMATION:</b>	
<b>My Device is:</b>	<b>My Device is:</b>
<b>Model #:</b>	<b>Model #:</b>
<b>Device Supplier Phone #</b>	<b>Device Supplier Phone #</b>
<b>Health Care Provider(s) Phone #:</b> <i>(Nurse, Therapist, Doctor)</i>	<b>Health Care Provider(s) Phone #:</b> <i>(Nurse, Therapist, Doctor)</i>

Courtesy: [www.FDA.gov](http://www.FDA.gov)

**IMPORTANT NOTE:** If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

**What to Do...After a Severe Storm**

- **Be extra cautious if you go outside** to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by snowdrifts, trees or debris, and could be live.

- **Do not touch anything power lines are touching**, such as tree branches or fences. Always assume a downed line is a live line. Call your utility company to report any outage-related problem such as downed wires.
- **Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours** or more or that has an unusual odor, color or texture. When in doubt, throw it out!

**\*\*\*\*\*Don't forget to download our  
'WWLP WX' Weather APP\*\*\*\*\***

**For fast, accurate local and national weather at your fingertips.**