



MONTGOMERY COUNTY BOARD OF COMMISSIONERS

JOSHUA D. SHAPIRO, CHAIR

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Tips to Prepare for Cold Weather ([code blue](#))

Staying warm

Prepare Yourself

- Keep room temperature at least 65 degrees
- Wear layers of cotton clothing
- Avoid sleeping in the clothes you wore during the day
- Find out if any medicines you are taking makes you more sensitive to cold
- Stay active around the house instead of sitting still
- Eat well balanced, nutritious meals help the body produce its own heat
- Drink warm, sweet drinks like hot cocoa or sweetened coffee
- Avoid alcoholic drinks - they can cause your body to lose heat

Prepare Your Home

- Have working smoke detectors on every floor of the house
- Check batteries monthly!
- Clean chimney yearly
- Never leave fireplaces burning if you are not nearby
- Always use a fire-screen
- Keep space heaters at least 3 feet away from throw-rugs, furniture upholstery, and stairways.
- Never use the oven to heat your home
- Do not burn newspaper in the fireplace
- Have at least one working fire extinguisher and know how to use it
- Install carbon monoxide detectors on every level of your home

Prepare Supplies

- Emergency Phone List (fire department, police, gas company, friends)
- Emergency food. Keep food that will not spoil (and a can opener if food is canned)
- Plenty of drinking water (tap water is fine)
- A battery-powered radio and extra batteries
- A flashlight and extra batteries
- A supply of medicine you normally take (check the expiration dates)
- A small first aid kit

- Extra blankets or sleeping bags
- A change of clothes
- Baby supplies, diapers, powdered formula, food, and bottles

Prepare for the Outdoors

- Put clothing on in layers, with a water-resistant layer at the top
- Change your clothes if they get wet or damp
- Always wear a hat
- Wear a scarf and mittens
- When temperature or wind chill drops to 10° or less, limit time outside to no more than 30 minutes
- Pace yourself and avoid overdoing it in the cold
- Do not walk or skate on ice less than 3 inches thick
- When shoveling snow, take breaks

Prepare your Car

- Check anti-freeze and wiper fluid before getting on the road
- Keep sand, salt or kitty litter in the trunk
- Keep a shovel, flashlight, jumper cables and a can of pressurized flat-repair aerosol in the car
- Store non-perishable snacks and an old blanket in the trunk
- Drive slowly and plan extra time to reach your destination

Seniors - Ways To Prepare

- Find a "buddy" who will check in on you daily in person or by telephone
- Stay active inside of your home
- To prevent falls, ask someone to shovel or de-ice your walks and porches
- Make sure your house is heated at least to 65 degrees