



## Region II Individual and Community Preparedness Bulletin



### Are You Prepared for Inclement Weather?



From fierce Nor'easter storms along the coast to the intense snow in upstate New York, winter weather is often harsh and somewhat unpredictable. A smart choice is to have a plan and involve your family.

- Battery-operated flashlight, clock, and radio;
- Extra batteries;
- First Aid kit;
- Fire extinguisher;
- Blanket(s) or Mylar Blanket(s);
- Cash in small denominations; and
- Fuel for generators.

**Preparedness:** Start by having an emergency supply kit readily available and make sure everyone in the family knows where it is located.

- Whole wheat crackers;
- Nuts and trail mix;
- Cereal;
- Power bars and granola bars;
- Dried fruit;
- Canned meat and fish such as tuna, salmon, chicken and turkey;
- Canned vegetables such as beans, carrots and peas;
- Canned soups and chili;
- Sports drinks;
- Sugar, salt, and pepper;
- Powdered milk; and
- Multivitamins.

**Food and Water:** It is important to have nutritionally dense food on hand that does not require refrigeration/cooking, and one gallon of water per person per day. A seven-day supply of medication is also recommended. Get your refills early...DO NOT RUN OUT DURING A STORM.



**Check On the Elderly:** Something as simple as a phone call or a visit to an elderly neighbor can literally save a life. It only takes a moment to make sure that they are doing well. Do not be bashful! Check in on them and say "hi." They will love the company and it will also give you the opportunity to check if

there home is warm and have ample food. If you feel that an elderly neighbor may be in danger if they remain alone, ask them to come over and spend some time at your place until the temperature rises a little. Addition information can be found at: <https://www.ready.gov/winter-weather>.