



WINTER WEATHER PREPAREDNESS FOR OLDER ADULTS

FIRE PREVENTION



Ensure you have working Carbon Monoxide and smoke alarms in the home. Test these monthly and replace batteries or alarms as needed. Keep anything that could catch fire at least 3 feet from a heat source.

STAYING WARM



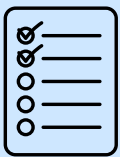
Make sure you can heat your home safely. Close off rooms you are not using, blinds, and curtains. Place a rolled towel in front of all doors to keep out drafts. Use care with space heaters and fireplaces to prevent fires. If you go outside, wear layers and water-resistance shoes. Keep your nose, ears, cheeks, chin, fingers, and toes covered. Know where you will go if your home becomes too cold. Place an easy-to-read thermometer in an indoor location.

FALL PREVENTION



Make sure there is enough lighting outdoors, especially near walkways and stairs. Ensure your steps are sturdy and have textured grip. If you use walking aids, dry the wheels or tips before entering your home. Keep a small table or shelf outside near the entry door to put items on while unlocking the door. If your home's main entrance is often icy during the winter months, use a different entrance if you can. Have a snow shovel and ice-melting products to keep your walkways safe. Avoid overexertion when shoveling snow. Take frequent breaks.

PLAN AHEAD



Create a support network of family, friends, and caregivers who can assist you during an emergency. Have a 1-month supply of needed medications and medical supplies. Keep cell phones and additional battery packs charged. Have numerous gallons of water, food, flashlights, and extra batteries on hand. Have an emergency kit ready. Sign up for local weather and emergency alerts.

POWER OUTAGES



If you require power to operate medical devices or keep medicines cold, make a back-up plan. Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open. Have a battery-powered radio.

ON THE ROAD



Cars should be stocked with blankets, food, water bottles, shovel, first aid kit, and sand or cat litter. Check weather prior to leaving. If you get stuck, stay in your car.

WINTER PREPAREDNESS RESOURCES

EMERGENCY KIT CHECKLIST



- Carry case/bag
- Bottled water
- Non-perishable food (for the pets too)
- Battery-powered or hand crank radio and a NOAA Weather Radio
- Flashlights and extra batteries
- First aid kit
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Manual can opener (for food)
- Portable electronic charger and backup battery packs
- Medications for all members of the house including pets
- Thermal blankets
- Important documents
- Disinfectant spray and hand sanitizer
- Cash
- Rain Poncho

ADDITIONAL RESOURCES



For more information on ways to stay safe this winter, please visit

<https://linktr.ee/fcdfrscommunityoutreach>

Or scan the QR Code.





DFRS Senior Lunch & Learns / Blood Pressure Checks

January Resources – Winter Preparedness

Sign Up for Emergency Alerts

Frederick County Emergency Alerts

[Alert FC - Log in to your account \(everbridge.net\)](#)

National Weather Service – Sign Up for Emergency Alerts

[NWS Enterprise Resources \(weather.gov\)](#)

General Winter Preparedness Resources

CDC – Preparing for a Winter Storm

[Preparing for a Winter Storm|Winter Weather \(cdc.gov\)](#)

CDC – Older Adults and Extreme Cold

[Older Adults and Extreme Cold \(cdc.gov\)](#)

CDC – Creating an Emergency Supply Kit

[Creating an Emergency Supply Kit \(cdc.gov\)](#)

CDC - Emergency Preparedness for Older Adults: Complete Care Plan Form

[Complete Care Plan form \(cdc.gov\)](#)

FEMA - Take Control in 1, 2, 3 – Disaster Preparedness Guide for Older Adults

[FEMA Disaster Preparedness Guide for Older Adults \(ready.gov\)](#)

Ready.gov – Older Adults

[Older Adults | Ready.gov](#)

Ready.gov – Winter Ready

[#WinterReady | Ready.gov](#)

American Red Cross – Emergency Preparedness for Older Adults

[Older Adults Emergency Preparedness | American Red Cross](#)

American Red Cross – Winter Storm Safety

[Winter Storm Preparedness & Blizzard Safety | Red Cross](#)

American Red Cross – Power Outage Checklist

[PowerOutage.pdf \(redcross.org\)](#)

National Institute on Aging – Cold Weather Safety for Older Adults

[Cold Weather Safety for Older Adults | National Institute on Aging \(nih.gov\)](#)

NFPA – Carbon Monoxide Safety

[Free NFPA Carbon Monoxide Safety Tip Sheet PDF download.](#)

NFPA – Heating Safety

[Generator Safety Tip Sheet \(nfpa.org\)](#)

NFPA – Winter Storm Fire Safety

[Winter Storm Safety Tip Sheet \(nfpa.org\)](#)

NFPA – Generator Safety

[Generator Safety Tip Sheet \(nfpa.org\)](#)