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FORESTCOUNTYPUBLICHEALTH.ORG

"Inspiring Better Health for All"

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Prepare for winter weather with these safety tips and resources

Winter in Wisconsin can be a fun time of year. But it can also bring challenges and danger. Winter storms can sweep through with extreme cold temperatures, high winds, heavy snow, icy roads, power outages, and loss of phone and internet services. Forest County Health Department would like to remind residents to have a plan and supplies in place this winter season.

We live in a county that has limited resources and it's important to prepare and have a plan in place. Follow the following tips to feel confident that you and your loved ones will be safe, warm, and secure in the upcoming months.

The following are lessons that were learned during last April's ice storm:

- ✓ Plan to have cash on hand in the event of a power outage to pay for gasoline.
- ✓ If you do not have a generator, consider getting one, or know of where you could borrow one.
- ✓ Keep a 5-gallon empty bucket stored on your property to put water in to flush toilets.
- ✓ Keep bottled water and certain food items on hand, like granola bars, dried fruits, canned goods, that can be eaten cold.
- ✓ Know where to get local information during emergencies.
- ✓ Keep a list of emergency phone numbers handy, including family members. 911 can reach law enforcement and fire in an emergency. Call 7165-478-3331 ext. 3 in a non-emergency.
- ✓ If you use oxygen daily, know how to get refills and have the phone number of who manages your care listed by your emergency numbers.

Build a kit for your home and vehicle. Things to include are the following:

- ✓ Candles and matches
- ✓ Hand cranked, battery operated, or solar flashlight
- ✓ Battery powered clock or watch
- ✓ Portable battery charger for phone
- ✓ Fully charged cell phone in case of a power outage
- ✓ Extra blankets or sleeping bags

- ✓ Extra clothing
- ✓ Electric space heater with automatic shut off switch and non-glowing elements
- ✓ High calorie, non-perishable food, such as granola bars
- ✓ Non-electric can opener
- ✓ First aid kit and instruction manual
- ✓ Multipurpose, dry chemical fire extinguisher
- ✓ Consider a battery operated or hand cranked weather radio

Stockpile supplies that may be needed in the event of a power outage that lasts for days.

Include these items:

- ✓ Three-day supply of non-perishable food items
- ✓ One gallon of water per person for three days
- ✓ Personal items like diapers, medications, baby formula, etc.
- ✓ Three-day supply of food and water for service animal or pets

You can take steps now to get your home and vehicle ready for winter. And remember to check the forecasts regularly to stay on top of changing conditions and to check on your neighbors.

For more information, visit <https://readywisconsin.wi.gov/> or call the Forest County Health Department at 715-478-3371.

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