



PREPARE FOR AN EMERGENCY

Winter Storm or Extreme Cold

Winter storms have the potential to cause power outages, supply shortages, traffic collisions, road closures, travel delays, property damage, collapsed roofs, evacuations and other impacts.

HOW TO PREPARE FOR A WINTER STORM OR EXTREME COLD

Winterize your home:

- preform a roof inspection and repair loose materials;
- turn off exterior faucets;
- seal gaps and cracks;
- clean gutters and add gutter guards;
- window and door weather stripping;
- book a heating, ventilation and air conditioning (HVAC) maintenance appointment; and
- top up your attic insulation.

Winterize your vehicle:

- snow tires;
- general maintenance of the battery;
- electronics;
- fluids;
- lights;
- brakes;
- keep an emergency kit in your vehicle with extra clothes, blankets and candles; and
- ensure that your vehicle's gas tank is always at least half-full.

Staying safe during a winter storm:

- have your 72-hour emergency kit ready in case you need to evacuate or shelter-in-place;
- be prepared for power outages;
- stock up on cold and flu medication;
- service snow removal equipment and keep a supply of rock salt to melt ice on walkways; and
- do not venture out if extreme weather conditions are expected.

If you must travel:

- avoid remote areas;
- let someone know where you are going, your route and your expected arrival time;
- consider using public transportation to avoid driving in less than ideal road conditions;
- make sure your heating system is in good working condition;
- have a back-up heating system or supplies for a wood burning fireplace if you have one;
- if you are going out, ensure you are dressed for the weather and have layers to add or remove;
- if you must be outside, seek shelter and keep moving to maintain body heat;
- if you begin to experience symptoms of frostbite or hypothermia, seek medical attention or call 9-1-1;



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- check on family, friends and neighbours who may require additional support during a winter storm;
- have a working carbon monoxide (CO) detector and be especially cautious if you are using space heaters indoors; and
- never use barbecues, camping heaters, gas or coal stoves or a generator indoors.

Driving during a winter storm:

- vehicle emergency kits are an essential tool for preparedness as extreme weather can happen any month of the year;
- check the Road Conditions Map and consider delaying travel until the roads are safer;
- clean snow and ice off your vehicle and ensure your headlights and windows are clear;
- give yourself extra time to reach your destination;
- reduce your speed and turn on your headlights;
- drive defensively;
- leave extra distance between your vehicle and the working sanders, graders, other snow removal equipment and other vehicles; and
- do not pass working sanders or equipment.

After a winter storm or an extreme cold warning:

- keeping walkways free of ice and snow helps all community members move safely through neighbourhoods and BE A GOOD NEIGHBOUR and help shovel if you can;
- clear the snow away from fire hydrants in your neighbourhood to make sure first responders can access them; and
- check furnace and exhaust vents to make sure snow and ice are not blocking them. Carbon monoxide can build up within your home as a result. Clear storm drains if possible.

WINTER CAR KIT CHECKLIST

- Windshield Scraper
- Small Broom
- Flashlight
- Blanket
- Spare Radio with Batteries
- Snacks or Energy Type Food
- Water
- Jumper Cables
- Flares & Matches
- Shovel
- Sand or Shingles for Tire Traction
- Hats, Socks, Mittens
- First Aid Kit
- Fourscent Distress Flag

Know the Signs and Symptoms

Frostbite and Hypothermia

Frostbite

- Redness or pain in any skin area may be the first sign of frostbite
- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

Hypothermia

Adults

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

Children

- Bright red, cold skin
- Very low energy



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584 New Maryland Hwy., New Maryland, NB E3C 1K1

Phone: 451-8508