

Potty Pointers

BE PREPARED FOR WINTER WEATHER

The CDC website offers a “Winter Weather Checklist” that can help you be prepared in case you are stranded in your car or your home during a winter storm. Below are a few ideas that can help you get started.

1. **Have a Communications Checklist** – Make sure you have at least one battery powered radio or weather radio and extra batteries. Find out how your community warns about severe weather (siren, radio, or TV). Listen to emergency broadcasts and learn what the different warnings mean.
2. **Have a Food and Safety Checklist** – Have a week’s worth of food and safety supplies on hand such as no-cook food, prescription drugs, baby food and formula, non-electric can opener, flashlight and batteries, cat litter and rock salt to help on slick walkways, and a first aid kit.
3. **Water Checklist** – Keep bottled water on hand, leave taps dripping.
4. **Heating Checklist** – Have at least one other source of heating in case electricity goes out – like a fireplace with plenty of wood – and portable space/kerosene heaters.
5. **Car and Emergency Checklist** – Prepare your car with emergency supplies if traveling during winter weather: cell phone, charger and extra batteries, shovel, windshield scraper, battery powered radio and extra batteries, flashlight, water and snack foods, blankets, hats, coats and gloves, chain or rope, tire chains, canned compressed air with sealant for tire repair, road salt and sand, booster cables, emergency flares, bright-colored flags and help sign, first aid kit, tool kit, road maps and compass or GPS, paper towels, waterproof matches and a can (to melt snow for water).

