

Winter Storm & Extreme Cold Preparation

Emergency Preparedness Committee

North and South Glastonbury

- Water: one gallon of water per person, per day, for at least three days (for drinking and sanitation)
- Food: at least a three-day supply of non-perishable, ready to eat food and a can opener
- Flashlight and extra batteries
- First aid kit
- Emergency Contact Card
- Multi-purpose tool
- Whistle to signal for help
- Antiseptic towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask, to help filter contaminated air
- Cell phone with chargers (car charger recommended in the event of power outages)
- Thermal emergency blankets
- Personal hygiene supplies (toothbrush, paste, sanitary napkins, soap, towel...)
- Copies of important documents, placed in a water proof container/bag
 - Copy of your driver's license and/or birth certificate
 - Bank account information
 - Insurance cards/policy numbers/insurer contact information
- Cash (bank machines may not be functional)
- Extra set of house keys
- Prescription medications (seven-day supply suggested)
- Pet supplies (food, water, blanket, medications)
- Children/baby supplies (coloring book/crayons, diapers/wipes, formula, baby food)

* Always double-check expiration dates and update your emergency preparedness kit every 6 months. Use daylight savings dates as a reminder to double-check your kit.

Other items to have on hand at your home or place of work or school

- Instructions and tools to turn off gas, electricity and water
- Plastic sheeting and duct tape to shelter-in-place
- Warm blankets
- Fire extinguisher
- Utilities contact information easily accessible in case of downed power line or flood water
- Rake to remove fallen leaves and debris away from storm drains to prevent street flooding
- Snow shovel and salt to remove snow and ice from pathways for your safety and the safety of others
- Camping stove and fuel (for outdoor use only)
- Firewood and water-proof matches (for outdoor use only)
- Water purification equipment
- Medical supplies (hearing aids with extra batteries, glasses, contact lenses and solution, syringes, cane)
- A battery-powered NOAA Weather Radio and a battery-powered commercial radio and extra batteries. These may be your only links to the outside world if electrical service is interrupted

DURING A WINTER STORM AND EXTREME COLD

Listen to the radio or television for weather reports and emergency information. Dress for the season.

When at Home.:

- Stay indoors as much as possible
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.
- Conserve fuel if necessary by keeping your house cooler than normal. Temporarily “lose off” heat to some rooms.
- Hang blankets over windows at night (let the sunshine in during the day). Stuff cracks around doors with rugs, newspapers, towels or other such material.

- If medical help is not immediately available, slowly warm the affected area. If the victim is showing signs of hypothermia, always warm the body core before the extremities.
- Hypothermia, or low body temperature, is a condition brought on when the body temperature drops to less than 95 degrees F. Symptoms include slow or slurred speech, incoherence, memory loss, disorientation, uncontrollable shivering, drowsiness, repeated stumbling, and apparent exhaustion. If these symptoms are detected, take the person's temperature. If below 95 degrees F., immediately seek medical attention. If medical help is not available, begin warming the person slowly. Always warm the body core first. Get the person into dry clothing, and wrap them in a warm blanket covering the head and neck. As a last resort, use your own body heat to warm the victim. Do not give victim alcohol, drugs, coffee, or any hot beverage. Warm broth is better. Do not warm extremities (arms and legs) first. This drives the cold blood toward the heart and can lead to heart failure.
- Remember, wind chill temperatures apply only to people and other living things. If the temperature is 35 degrees F and the wind chill is 10 degrees F, objects such as pipes or cars will cool to 35 degrees F. The wind chill factor does not apply to non-living objects.

- **Specific items to include in your vehicle**

- Emergency Contact Card
- Flares
- Warm clothing and sturdy walking shoes
- Warm blankets
- Preparedness kit with first aid supplies
- Small shovel and traction aides (sand, litter, chains) when freezing weather and snow is forecasted - Windshield scraper
- Battery-powered radio (and extra batteries)
- Flashlight (and extra batteries)
- Tire chains
- Canned compressed air with sealant (emergency tire repair)
- Booster cables
- Bright colored flag; help signs
- Local maps with pre-determined evacuation routes identified and compass
- Waterproof matches and a can (to melt snow for water)
- Paper towels

Create and follow a weatherization/risk management plan for your home or property to minimize storm impacts

- Conduct annual reviews of your property insurance to understand and address coverage needs. Ask about flood insurance or coverage.
- Complete a detailed home inventory of your possessions and keep in a safe place away from your home (like a safe deposit box).

Outdoors

- Check your roof for loose, missing, worn or damaged shingles to eliminate flying debris and reduce the chance of possible water damage.
- Make sure flashing is secure around vents and chimneys.
- Clean gutters and make sure they are properly aligned and securely attached to your home. .
- Replace caulk and weather-stripping that has lost contact with surfaces such as doors and windows
- Check for loose handrails, banisters and stair coverings. Buckled or cracked walks should be repaired.
- Clear snow and ice from sidewalks in front of your home to avoid dangerous falls (this is the home/property owner's responsibility).
- Keep snow build-up off of surfaces that could collapse.
- Trim shrubbery away from siding to prevent insect and moisture damage. Remove shrubbery that interferes with walkways.
- Insulate exposed water pipes and outdoor faucets to protect them from freezing and insulate walls and attics
- Install storm windows or cover window with plastic
- Take steps to prevent frozen water pipes - locate and insulate pipes most susceptible to freezing, typically those near outer walls, in crawl spaces or in attic. Wrap pipes with heat tape (UL approved). Seal any leaks that allow cold air inside where pipes are located.
- Disconnect garden hoses and shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house..
- Make sure you and your family know how to shut off the water, in case pipes burst.

Prepare for possible isolation in your home.

- Make sure you have sufficient heating fuel. After a severe winter storm, regular fuel carriers may not reach you for days.
- Have emergency heating equipment (fireplaces, wood burning stoves or space heaters) and ample fuel so you can keep at least one room of your house warm enough to be livable. If your furnace is controlled by a thermostat and your electricity is cut off by a storm, you will need emergency heat. Another option is a kerosene heater. However, it is important that the manufacturers operating instructions be followed. Learn to use emergency heating sources properly to prevent a fire. Always ensure proper ventilation.
- Keep fire extinguishers on hand, and make sure your family knows how to use them. Fire extinguishers need to be inspected yearly.

Indoors

- Check smoke and carbon monoxide detectors and change batteries as needed. Replace units every eight years.

Make a family communication plan

- Discuss with your family and/or friends how to prepare for and respond to emergencies that are most likely to happen where you live, learn, work and play. Identify responsibilities for each member of your household and plan to work together as a team.
- Complete an Emergency Contact Card and place copies in your preparedness kit, home communication center, automobile and at your place of work or school.
- Program all emergency contact numbers into all of your phones, or keep a list with you. Make sure to tell your family and friends that you've listed them as emergency contacts.
- Use text messaging if network disruptions are causing phone calls not to go through.

Book References

- ◆ **How to Survive the End of the World as We know It: Tactics, Techniques and Technologies For Uncertain Times, Rawles**

Highly Recommended - Everyone should have this book, \$10 on Amazon

For the essential understanding of the scenarios and times we are entering into:

- ◆ **PATRIOTS: Surviving the Coming Collapse, Rawles**
- ◆ **ONE SECOND AFTER, Forstchen**
- ◆ **LIGHTS OUT, Crawford**
- ◆ **FOREIGN ENEMIES AND TRAITORS, Bracken**

Emergency Contact Card

North and South Glastonbury



Directions:

Print out a card for every member of your household and for all of your preparedness sites. Fill in your emergency contact information. Carry this card with you and keep one in your preparedness kit, home communication center, automobile and at your place of work or school to reference in the event of an emergency.

Important Phone Numbers

Police: 9-1-1 or

Fire: 9-1-1 or

Ambulance: 9-1-1 or

Poison Control Center: 1-800-222-1222

Healthcare Provider:

Insurance Provider:

Utilities (gas, electricity, water):

Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Visit TakeWinterByStorm.org for more valuable information on creating an emergency communications plan, putting together an emergency preparedness kit and other important preparedness information.

Local Contact

Name: _____

Phone (day): _____

Phone (night): _____

Address: _____

Out-of-area Contact

Name: _____

Phone (day): _____

Phone (night): _____

Meeting Place Outside of Neighborhood

Location Name: _____

Phone: _____

Address: _____

Other _____

My Contact Information

Emergency Contacts

Meeting Place Information

Important Phone Numbers

Police: 9-1-1 or

Fire: 9-1-1 or

Ambulance: 9-1-1 or

Poison Control Center: 1-800-222-1222

Healthcare Provider:

Insurance Provider:

Utilities (gas, electricity, water):

Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

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Local Contact

Name: _____

Phone (day): _____

Phone (night): _____

Address: _____

Out-of-area Contact

Name: _____

Phone (day): _____

Phone (night): _____

Meeting Place Outside of Neighborhood

Location Name: _____

Phone: _____

Address: _____

Other _____

My Contact Information

Emergency Contacts

Meeting Place Information

**Emergency Preparedness Committee
Questionnaire for North and South Glastonbury Residents**

This questionnaire will determine how we can help you in an emergency. Our first priority is the safety of life and secondly is the preservation of personal property. **In case of an emergency you need first call 911.** However the committee will try all that is possible in the event that the first responders can't get to you in a timely manner. This is the least information we need for us to use in the event of an emergency.

Name: _____ Phone No. _____

Address: _____

Mailing Address: _____

Are you dependent on electricity for heat? Yes No I don't know

What type of heating system do you have _____ (wood-stove-etc.)

In the event of a major emergency would you be able to check on your nearest neighbor?

Yes No

Name: _____ Address _____ Phone No. _____

Do you have any critical medical condition that would possibly need medication?

Yes No

What kind? _____

All information will be held in strict confidence.

Please Return to: Emergency Preparedness Committee
P.O. Box 474
Emigrant, MT 59027

Or e-mail document to: mizz@wispwest.net

mizzi@ " "

Neighborhood Check List for Emergency Preparedness

Please use at your neighborhood meeting to evaluate your neighborhood resources and needs

Our Neighborhood Co-ordinator is _____ The South Glastonbury Co-ordinator is _____

- Alternative electricity
 - Solar
 - Wind
 - Generator and Fuel
- Alternative Well Pump
 - Solar
 - Hand
 - Generator and Fuel and appropriate electrical panel at well to receive generated electricity
 - Cistern
- Alternative Home Heat Source
 - Wood or Pellet Stove and Fuel
 - Fireplace and wood
 - Generator to operate the electrical start on furnace
- Communications plan
 - Phone list for neighborhood
 - Addresses for neighbors if emergency response needed
 - Solar charger for cell phones
 - Walkie Talkies and batteries
 - CB radios
 - Ham radios
- Snow Vehicles and Snow Removal Equipment
 - Snowmobile
 - Backhoe with chains
 - Tractor with chains
 - Snow blower w/chains
 - Snowplow with chains
 - List of available plows for hire
- Neighbors with Potential Critical Medical Needs
 - On oxygen
 - Other
- Medical Assistance List—Are there any of these helpers in your neighborhood?
 - EMT
 - Firefighter
 - Law Enforcement Officer
 - Medical Doctor
 - Licensed Alternative Healthcare Practitioner
 - Licensed Nurse, PA, CNP
 - Alternative Healthcare Practitioner
 - Neighbors with current CPR card
 - Dentist
 - I would call 911 first and then call this neighbor: _____
- Equipment
 - Snowshoes
 - Bushwhack or x-country skis
 - Heavy duty hauling sleds
- Every Home Has
 - Food for at least 7 days (especially fast prep or no prep food) for all in household
 - Water for at least 7 days for each person
 - Necessary Rx and medications for at least 7 days

**EMERGENCY
CALL 911**

My address is: _____ My Phone Is: _____

Preparedness Neighbors

Neighbor: _____
Address: _____
Phone: _____ *Cell* _____
E-mail _____
Medical need: _____

Neighbor: _____
Address: _____
Phone: _____
Medical need: _____

Neighbor: _____
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Medical need: _____

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