

Cold Weather SAFETY

STAY DRY

Get under cover during rain or snow. Wear waterproof outer layer (coat, hat/hood, boots, gloves).

STAY WARM

Spend time indoors. When outdoors, dress in lightweight, warm layers and cover exposed skin.

DON'T OVERDO IT

Limit strenuous outdoor activity. Cold increases strain on the heart, and sweating can increase heat loss.

STAY INFORMED

Go to

[HTTPS://SNOCO.ORG/HEATING](https://snoco.org/heating)

for a list of cold weather shelters and more safety tips.



10-2023 SAC

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10-2023 SAC

Power OUTAGES

HEAT SPACES SAFELY

Never use gas ovens or ranges, barbecues, portable or propane heaters for indoor heating. Have working carbon monoxide detectors.

LIGHT SAFELY

Use flashlights or glowsticks. Never leave a candle lit while sleeping or in an unattended area.

KEEP FOOD COLD

Don't open your fridge or freezer more than necessary. Throw out perishable food if outage lasts more than a couple of hours. When in doubt, throw it out to prevent illness.

STAY INFORMED

Go to

WWW.SNOHD.ORG/WEATHER

for more tips on storms
and power outages.

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