



Winter Weather Preparedness

Take Action – Be Safe!



- **Dress for the season:**

Wear loose, warm clothing in layers to avoid frostbite or hypothermia

- **During and after the storm:**

Never use a generator, grill, or kerosene heater indoors - carbon monoxide poisoning can be deadly

- **After the storm:**

Take breaks when shoveling snow. Overexertion, especially in cold weather, can lead to a heart attack at any age.

