

# Be prepared: Winter Storms



Winter storms cause more fatalities in Canada than tornadoes, thunderstorms, lightning, floods and hurricanes combined.

Heavy snowfall and ice can make roads treacherous and interrupt power supplies.

## Safety tips:

- Avoid unnecessary travel.
- Wear layers of lightweight clothing, mittens & a hat. Wear waterproof, insulated boots to keep your feet warm and dry and to keep from slipping on ice and snow.
- Regularly check for frostbite — numbness or white areas on your face and body (ears, nose, cheeks, hands and feet in particular).
- Avoid overexertion when shoveling snow by taking frequent breaks. Use rock salt and sand to melt ice and improve traction on sideways and driveways.
- Bring pets inside and move livestock to sheltered areas with non-frozen drinking water.
- In rural areas: string a lifeline between your house & any outbuildings you may have to visit during a storm. Install snow fences to reduce drifting snow on roads and paths.

## How to prepare:

### Winterize your home



Insulate walls and attics; caulk or weather-strip doors and windows; install storm windows or cover windows with plastic. Get heating equipment and chimneys cleaned and inspected once a year.

### Make your kit seasonal



Add extra blankets and warm clothes to your emergency preparedness kits (home kit, car kit). Have multiple ways of staying warm in case of power outage.

### Check on vulnerable people

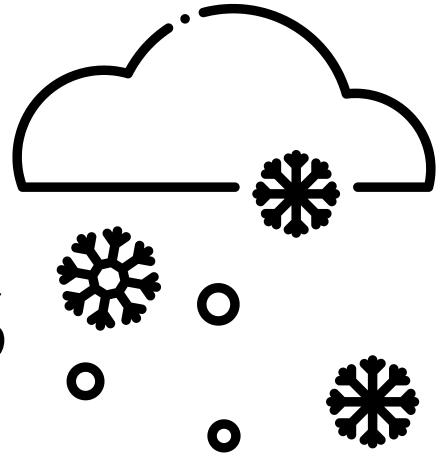


Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

### Stay informed:

- Check local weather and forecasts online.
- Check Ontario511 for road conditions and driving information.
- Check with your local school board for information on cancelled classes & buses.
- Check with your municipality for information on snow removal services & special rules in place during a snow emergency.

# Be prepared: Winter Storms



## Outdoor safety:

- wear weather-appropriate clothes (layers, hats, gloves, boots)
- take breaks inside to warm up
- regularly check for frostbite

## Winterize your preparedness kit:

- add extra blankets, and warm clothes and accessories to your home and car kits.
- include multiple sources of heat in the event of a power outage.
- keep electronics fully charged
- put flashlights/batteries in all major rooms at home

## Stay informed:

- check local weather and forecasts online.
- check Ontario511 for road conditions & driving information. Avoid unnecessary travel.
- check your local municipality for information on snow removal services & warming centres.

# Be prepared: Extreme heat



Climate change is expected to increase the frequency, intensity, and duration of heat waves.

## Safety tips:

Extreme heat can make you sick with heat rash, heat cramps, heat exhaustion & heat stroke.

### Stay hydrated:

- Drink water every 15 to 20 minutes even if you aren't thirsty. Drinks containing alcohol and caffeine may cause dehydration and are not recommended.
- Check in with others (including pets/animals) to make sure they are also drinking plenty of cool liquids.

### Stay cool:

- Stay indoors to limit sun exposure. Spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station).
- Dress in light-coloured, loose-fitting clothing.
- Take frequent cool showers or baths. If you cannot shower/bath frequently, sponge often with cool wet towels.
- Stay on lower floors if there's no air conditioning and use fans when possible.

### If you are outdoors:

- Reschedule or plan outdoor activities during cooler parts of the day.
- never leave a person or animal in a parked car or in direct sunlight.
- Wear a hat to protect your face, UV-protective eyewear for your eyes, and apply sunscreen (SPF 30 or greater) to prevent skin cancer.

## How to prepare:

### Heat-proof your home

Cover windows that receive morning or afternoon sun with drapes, shades or awnings. If possible, open windows at night and create a cross-breeze.

### Stay informed

Check weather reports prior to going outdoors on hot days for the temperature, humidex, UV index, and air quality.

### Prep your emergency kit

Include extra water and seasonal items like sunscreen and sunglasses (with full UVA and UVB protection), or spray bottle misters in your emergency preparedness kit.

### Check on vulnerable people

Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

### Find cooling centres

Some municipalities provide cooling stations during extreme heat. Know when to go - especially if you do not have access to air conditioning, be ready to relocate if necessary.

### If you feel dizzy, weak, or overheated:

- move to a cool place
- rest by sitting or lying down
- drink water

**If you don't feel better soon, seek help immediately.**

# Be prepared: Extreme Heat



## Outdoor safety:

- Dress in light-coloured, loose-fitted clothing, Wear sunscreen, sunglasses, and a hat that protects your face.
- Drink water frequently (every 15-20 minutes). Avoid alcohol/caffeine.
- Never leave a person or animal in a parked car or in direct sunlight.

## Indoor safety:

- Take frequent cool showers or baths, run wrists under cold water.
- Have multiple ways of cooling down in the event of a power outage.
- Stay on lower floors, use air conditioning if possible.
- use fans and ice packs to help you sleep comfortably.

## Stay cool:

- Check local weather and forecasts online.
- Spend the hottest part of the day in air-conditioned public buildings (e.g. mall, library, cooling station).
- Know the signs of heat-related illness. If you feel dizzy, weak, or overheated: sit/lie down in a cool place, drink water, wash your face with cool water. Seek help if you don't feel better soon.