



MEEMIC Insurance Company

Insurance for Family and Friends of the Educational Community

MEEMIC'S INFORMATION SERIES :

WINTER STORM PREPARATION



The beauty of winter is soon forgotten when a winter storm hits. Be prepared before it happens by following these winter storm tips:

- ◆ Keep handy a battery-powered flashlight, radio, extra food (canned or dried food is best) and bottled water.
- ◆ Make sure there are extra blankets and heavy clothes available.
- ◆ Be aware of potential fire and carbon monoxide hazards if you plan to use an emergency heating source such as a fireplace, wood stove or space heater. Be careful with any candle usage.
- ◆ To save heat, close off unneeded rooms, cover windows at night and stuff towels or rags in cracks under doors.
- ◆ Maintain adequate food and water intake. Food provides the body with energy for producing its own heat.
- ◆ Need to shovel heavy snow, push a car, or walk in deep snow? Avoid being overexerted! Sweating could lead to chill and hypothermia.
- ◆ When going outside, wear loose-fitting, lightweight warm clothing in layers. Wear wool hat and mittens. Cover all exposed parts of the body. Keep your clothes dry. Change wet socks and clothing quickly to prevent loss of body heat.
- ◆ Listen for NOAA weather radio or local radio, television and cable stations for the latest updates on hazardous winter weather. For NOAA weather radio information, including a station near you, see the NOAA Weather radio page on the internet at www.nws.noaa.gov/nwr or contact your National Weather Service office.