

# Prepare for Severe Weather: Winter Storm



COLCHESTER  
REGIONAL  
EMO



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# 72 Hours

Nova Scotians are encouraged to be ready to cope on their own for at least the first 72 hours of an emergency

**About:** Severe winter storms and blizzards can bring extreme cold, freezing rain, snow, ice and high winds

## Prepare

Sign up for Alert TC for storm updates and forecasts.

Winter storms can last a few days, be prepared to look after yourself for 72 hours.

Prepare for power outages by following our power outage handout.

Try to make arrangements to have a heat source that does not rely on electricity or have a place you can go to keep warm.

Check your emergency kit to ensure nothing has expired.

Place shovels next to your main entry and exit door of your home to keep decks and doorsteps clear of snow.

Learn the signs of basic frost bite and hypothermia.

## During

Follow Alert TC for storm updates.

Stay off the roads if at all possible.

Limit your time outside.

Avoid carbon monoxide poisoning and only use generators, camp stoves, and grills outside and away from windows and doors.

Reduce the risk of a heart attack, avoid over exertion when shovelling snow.

If you are able, try to periodically remove snow from walk ways, decks, and your driveway throughout the storm to expedite removal if there is an emergency.

Keep pets inside as much as possible.

Dress appropriately for the weather.

## Know the signs

**Frost Bite** - Cold exposure can cause the top layer of your skin and some of the tissues beneath it to freeze.

Signs: Numbness, white or grayish-yellow sink, and firm or waxy skin.

Actions: For health information, call 811. If the situation is an emergency, call 911.

**Hypothermia** - is an unusually low body temperature.

Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.

Actions: For health information, call 811. If the situation is an emergency, call 911