

WINTER STORMS



Winter storms include heavy snowfalls, ice storms, and blizzards with high winds and blowing snow. These storms can cause power outages that last for days. Additionally, these storms can make roads impassable.

Often accompanied by extreme cold, these storms can create dangerous conditions, particularly for people with vulnerabilities and health issues.

The our area is at the highest risk for winter storms between November and April.



STAYING SAFE

- Avoid going outside or unnecessary travel.
- If you must go outside, dress appropriately to protect yourself from the elements. Watch for signs of frostbite and hypothermia.
- Use the “buddy” system - bring someone outside with you.
- Bring pets and other animals indoors.
- Be careful when clearing snow. Take your time and avoid overexertion. Take regular breaks to warm up and rest if needed.
- Be aware of the wind chill. Avoid unnecessary exposure of any part of the body to the cold.
- Listen to local news and weather reports for current road and weather conditions

BE PREPARED

- Buy rock salt and sand to melt ice and improve traction.
- Have shovels and snow removal equipment handy.
- Have a fireplace, wood-burning stove, or generator to keep one room in your home warm and liveable in the event of a power outage.
- Make a 72-hour emergency kit. Resupply as needed.
- Be prepared for other hazards, such as power outages and closed roads
- Install snow fences to reduce drifting snow on roads and paths.
- Prepare your vehicle for winter weather by creating a roadside emergency kit.

STORM DANGERS

- Winter storms also create many personal health risks, including:
 - Cold weather injuries such as frostbite or hypothermia
 - Personal injuries from slipping, falling, or vehicle accidents
 - Heart conditions from overexertion, such as from shoveling snow
- Power outages often occur during winter storms and create additional risks, including:
 - Carbon monoxide poisoning from fuel burning equipment such as camping stoves, gas powered vehicles, and generators
- Exposure to extreme cold conditions and the negative health effects

WINDCHILL HAZARDS

WIND CHILL	EXPOSURE RISK	HEALTH CONCERNS	WHAT TO DO
0 to -9	LOW	<ul style="list-style-type: none"> Slight discomfort Risk of hypothermia and frostbite if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers Stay dry Keep active Cover exposed skin
-10 to -27	MODERATE	<ul style="list-style-type: none"> Very high risk of frost bite: Check face and extremities frequently for numbness or whiteness Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers, with an outer layer that is wind-resistant Wear insulated, waterproof footwear Stay dry Keep active Cover ALL exposed skin Be ready to cut short or cancel outdoor activities
-28 to -39	HIGH: exposed skin can freeze in 10 to 30 minutes	<ul style="list-style-type: none"> Very high risk of frost bite: Check face and extremities frequently for numbness or whiteness Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers, with an outer layer that is wind-resistant Wear insulated, waterproof footwear Stay dry Keep active Cover ALL exposed skin Be ready to cut short or cancel outdoor activities
-40 to -47	VERY HIGH: exposed skin can freeze in 5 to 10 minutes	<ul style="list-style-type: none"> Very high risk of frost bite: Check face and extremities frequently for numbness or whiteness Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers, with an outer layer that is wind-resistant Wear insulated, waterproof footwear Stay dry Keep active Cover ALL exposed skin Be ready to cut short or cancel outdoor activities
-48 to -54	SEVERE: exposed skin can freeze in 2 to 5 minutes	<ul style="list-style-type: none"> Very high risk of frost bite: Check face and extremities frequently for numbness or whiteness Very high risk of hypothermia if outside for long periods without adequate clothing or shelter 	<ul style="list-style-type: none"> Dress warmly in layers, with an outer layer that is wind-resistant Wear insulated, waterproof footwear Stay dry Keep active Cover ALL exposed skin Be ready to cut short or cancel outdoor activities
-55 and colder	EXTREME: exposed skin can freeze in less than 2 minutes	DANGER! <ul style="list-style-type: none"> Outdoor conditions are hazardous 	<ul style="list-style-type: none"> Stay indoors

Note: In sustained winds over 50 km/h, frostbite can occur faster than indicated