

# **Delaware General Health District**

## ***Dedicated to your health***

# NEWS RELEASE

## **PREPARATIONS URGED FOR WINTER STORMS & POSSIBLE POWER OUTAGES**

P.O. Box 570                      1-3 W. Winter St.                      Delaware OH 43015  
740-368-1700                      FAX 740-368-1736                      Web Site: [www.delawarehealth.org](http://www.delawarehealth.org)

### **FOR IMMEDIATE RELEASE**

For further information contact Jesse Carter, public information officer, at 740-203-2085.

**DELAWARE, Oh., Jan. 31, 2011** – The Delaware General Health District reminds all Delaware County residents to make sure they take precautions for winter storms. Residents need to be prepared in case snow and ice cause widespread and extended outages of electric power and communications.

The Health District reminds all households to:

- Make sure your household **Emergency Supply Kit** is stocked and ready to get your family through at least three days without power or access to more supplies.
- **Have a plan for your family.**
- Make sure **your home** is prepared for cold weather.

### **Recommended Items to Include in a Basic Emergency Supply Kit:**

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help

- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Cell phone with chargers, inverter or solar charger

Depending on your family's circumstances, you might also need:

- Prescription medications and glasses
- Infant formula, diapers, and other baby supplies
- Pet food and extra water for your pets
- Cash or traveler's checks and change
- Books, games, puzzles or other activities for children

Additional recommended items for winter storms:

- **Rock salt** to melt ice on walkways
- **Sand** to improve traction
- **Snow shovels** and other snow removal equipment.
- Adequate **clothing and blankets** to keep you warm.

## **Prepare Your Family**

- Make a Family Emergency Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.

## **Prepare Your Home**

- Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the warm air inside.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves (in case a pipe bursts).
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. Also have smoke and carbon monoxide detectors, and check the batteries twice each year.
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- If pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets. You can use hot water or a hair dryer to thaw pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Never run gasoline-powered electric generators or use propane-fueled heaters or camp lights inside your home because they generate toxic fumes. Do not build charcoal fires indoors for the same reason.

Additional information is available online at [www.bt.cdc.gov/disasters](http://www.bt.cdc.gov/disasters) and [www.ready.gov](http://www.ready.gov).