



## WINTER STORM REMINDERS

Akwesasne is expecting winter storm conditions over the coming week. During this type of weather, the air outside can get very cold. A winter storm happens when there is heavy rain and the temperature is low enough that the rain turns to ice or forms as sleet or snow. Winter storms can also include freezing rain and ice, moderate snowfall over a few hours, or a blizzard that lasts for several days.

Sometimes, winter storms bring strong winds, ice, sleet, and freezing rain. Winter weather can knock out heat, power, and communications. At time, this can last for days or weeks. Icy roads can also cause serious accidents.

Many winter storms bring dangerously low temperatures. Sometimes, people are injured or die from being in really cold temperatures for too long because this can lead to hypothermia or frostbite.

### Words to Know:

#### WORD

- **Freezing Rain:**
- **Frostbite:**
- **Hypothermia:**
- **Sleet:**
- **Winter Storm Warning:**
- **Winter Storm Watch:**
- **Winter Weather:**

#### DEFINED

- Rain that freezes when it hits the ground. This makes a layer of ice on roads, walkways, trees, and power lines.
- A medical condition when skin or body tissue is damaged from freezing.
- A sickness when your body temperature drops below what is needed to be healthy and work properly.
- Rain that turns to ice before reaching the ground.
- A warning issued when a lot of snow or sleet is expected in the next few hours or day.
- A warning issued when severe winter conditions may affect your area.
- A warning issued when conditions could cause dangerous situations (such as icy roads or sidewalks).

### Am I at Risk?

Almost everyone in the Canada and the United States can be affected by winter storms and extreme cold.

### What Can I Do?

Always remain on the side of caution and ensure YOUR safety before helping others!



## **Before:**

- Build an emergency kit to last for several days or weeks in case you must stay at home.
- Make a family communications plan.
- Make sure you dress warmly when going outside. Never leave your skin exposed, so cover your head, ears, neck, hands, feet, etc.
- Check on your elders, parents, or neighbors especially if they live alone, are ill or infirmed.
- Sprinkle rock salt, sand or kitty litter on sidewalks and walkways to avoid slips or falls.
- Bring pets inside. They can be injured by the cold, too.
- Check your generators and be sure you have extra gas to operate and run it.
- Ensure that you have plenty of or refill your propane tanks, fire wood, wood logs, etc.
- Ensure that you have extra blankets.
- Ensure that you have plenty of food and water, specifically dry and canned goods.
- Be sure to put away or tie down any outdoor or lawn equipment (i.e. garbage cans, recycle bins, table, chairs, decorations, etc.).

## **During:**

- Please remain inside the comfort of your home!
- Sidewalks can be very slippery, and you can hurt yourself if you fall.
- Keep your drive-way cleared in case you have an emergency and must leave.
- If you must go outside, please make sure you dress warmly when going outside. Never leave your skin exposed, so cover your head, ears, neck, hands, and feet to keep you from losing body heat.
- Put on dry clothes as soon as you come inside.
- If your family uses a generator, make sure to use it outside. Keep it away from the house to avoid carbon monoxide poisoning.
- If your home loses power, you and your family can go to a designated public shelter or warming center.

## **Children:**

- Remind your parents to or help your Tota's clean surfaces that are touched frequently, like doorknobs, light switches, and remote controls to remove harmful germs.
- If you can't feel your fingers, toes, ears, or nose, or they appear white or grayish-yellow, tell a grown-up immediately. Frostbite is dangerous and you may need to see a doctor.
- Tell a grown up immediately if you can't stop shivering, have trouble remembering things, feel tired or talk funny. You may have hypothermia, which can be very dangerous.

## **After:**

- Continue to dress warmly and wear layers, a hat, scarf, and mittens or gloves. These will help to keep you warm and protect you from frostbite and hypothermia.

Should you have any questions and / or concerns, please do not hesitate to contact MCA's Emergency Operations Center at (613) 575-5005, Carlito Alvarez @ (613) 360-6608 or Marvin MacDonald @ (613) 577-6556.

For more information on winter storms, please contact [www.FEMA.gov/winterstorms](http://www.FEMA.gov/winterstorms)