



**Public Health**  
Prevent. Promote. Protect.

# Emergency Preparedness

January 2018

## Winter Preparedness for Your Car

Prepare for extremely cold weather every winter—it's always a possibility. You can avoid many dangerous winter travel problems by planning ahead. Before traveling, always check the weather forecast and road conditions. If bad weather is in the forecast, travel only if absolutely necessary.

Fully winterize your vehicle. Have a mechanic check antifreeze, brakes, heater and defroster, tires, and windshield wipers to ensure they are in good shape. Keep your gas tank at least half full.

Create an extra emergency kit specifically for your car. In addition to the basic essentials, consider adding a portable cell phone charger, ice scraper, extra blanket, sand for traction, a distress flag/flares and jumper cables.

Dress winter ready. Hats, scarves, and mittens help prevent body heat loss and keep cold air from harming your lungs. Water resistant footwear and warm socks protect toes from frost-bite.

If you do become trapped in a winter storm while driving, stay in your car. Run your engine

for a few minutes every hour to reheat the interior of your car, making sure the exhaust pipe is not blocked. Tying a fluorescent distress flag to the antenna will help keep you visible for rescuers.

### IS YOUR VEHICLE WINTER READY?



For more information on preparing for winter driving or severe weather visit <https://www.cdc.gov/disasters/winter/beforestorm/preparecar.html>

<https://www.ready.gov/winter-weather>

## Emergency Preparedness Resources:



[Ready.gov](https://www.ready.gov)

[Flu.gov](https://www.flu.gov)

[Do1thing.com](https://www.do1thing.com)

[Redcross.org](https://www.redcross.org)

[Michigan.gov/flu](https://www.michigan.gov/flu)

[Cdc.gov](https://www.cdc.gov)

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Your Health. Our Work.

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## WINTER FIRE SAFETY

Did you know that home fires occur most often in the winter? It only takes two minutes for a fire to become life threatening and five minutes to engulf a residence. Heating, cooking, holiday decorations and candles are common causes of winter home fires. The American Red Cross states that on average, seven people die every day from a home fire and over \$7 billion in property damage occurs every year. Understand the risks and keep your home safe this season.

Home fires are preventable. Use these tips to stay safe:

- Install and regularly test smoke detectors
- Practice your fire escape plan with the entire family
- If a fire occurs, get out, stay out, and call for help.
- Take preventive action by following safe heating and cooking practices.

To learn about fire prevention practice visit [Ready.gov/home-fires](https://www.ready.gov/home-fires)



## FRIENDLY REMINDER!

Carbon Monoxide (CO) is an odorless, colorless gas that kills without warning. Many household items produce this poison gas, including gas and oil burning furnaces, portable generators, and charcoal grills.

- Install and regularly test CO detectors near every sleeping area in your home.
- Have your furnace inspected every year.
- Only use generators OUTSIDE, more than 20 feet away from your home, doors, and windows.

**NEVER USE A GENERATOR INSIDE YOUR HOME OR GARAGE.**

### CARBON MONOXIDE (CO) POISONING



## FINANCIAL PREPAREDNESS

The New Year is a perfect time to set new goals and change habits. This year take action and prepare for the financial challenges that can arise after a disaster or emergency strikes. While the idea of financial planning can seem overwhelming and unpleasant, a few simple steps now can help you and your family navigate those immediate moments after a disaster or emergency more efficiently. Make one of your resolutions to:

- Gather and have access to copies of financial and other critical personal, household, and medical information.
- Consider saving money in an emergency savings account for use during a crisis. Keep a small amount of cash at home in a safe place. Having small bills on hand can be useful in the event of ATM's and credit cards not working during disaster.
- Obtain property, health, and life insurance if you do not have them. Review your policies to understand the extent of coverage in place for you and your family.
- Check out the [Emergency Financial First Aid Kit](#), a joint publication from Operation Hope and FEMA's Citizen Corps. This kit can help you prepare financially for disasters.

For more information on financial preparedness visit [Ready.gov](https://www.ready.gov)