

## Take Preventive Action

Taking preventive action is your best defense against dealing with extreme cold weather conditions.

By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

## Recognizing Hypothermia

### Adults

- Shivering, exhaustion
- Confusion, fumbling hands
- Memory loss, slurred speech
- Drowsiness

### Infants

- Bright red, cold skin
- Very low energy

## For More Information Visit:

**El Dorado County Emergency Preparedness and Response**



**Centers for Disease Control & Prevention**

<http://emergency.cdc.gov/disasters/winter/>

**Ready.gov**

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



**Emergency Preparedness and Response is a program of El Dorado County**

El Dorado County  
Emergency Preparedness and Response  
2900 Fair Lane Court  
Placerville, CA

July 2021

# Be Winter Wise



**Keep yourself, your family, and your pets healthy and safe. Plan for cold weather now.**

El Dorado County  
Emergency Preparedness  
and Response

## Plan Ahead

- Prepare your home and car for winter.
- Update your emergency supply kits, including food, water, medications, warm clothing, items for family members with special needs, children, and pets.
- Monitor weather conditions and plan outdoor activities and travel accordingly.
- Get to know your neighbors and check on each other.



## Indoor Safety

- Have a plan for power outages.
- Heat your home safely.
- Check your carbon monoxide and smoke detectors.

## Outdoor Safety

- Be cautious of icy road conditions.
- Check road conditions before taking trips.
- Dress warmly, wear layers and stay dry.
- Be safe during outdoor activities.



## Remember Your Pets

- When the weather turns cold, take extra precautions with your pets and livestock to ensure your animals are safe.
- During cold weather provide your animals access to unfrozen water, adequate food and adequate shelter.
- When temperatures reach unsafe levels, bring your pets inside if you are able.

## Energy Assistance

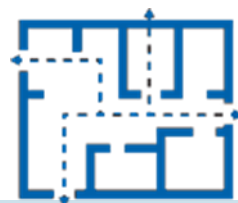
For information on energy assistance, contact the El Dorado County Health & Human Services Agency:

**Placerville** at (530) 621-6150

**South Lake Tahoe** at (530) 573-3490



Make a Kit



Have a Plan



Be Informed