

WINTER STORM PLANNING TIMELINE

Find out more at [Weather.gov](https://www.weather.gov)

A few days out

If the forecast calls for winter weather, start preparing now.



Have emergency supplies for your home and car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.



Adjust your plans



Have multiple ways to receive Warnings



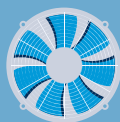
Bring pets indoors and ensure they have water

During & after

Remain vigilante and stay informed. Drive only if necessary.



Check on neighbors and family



Properly ventilate emergency heat sources.



Take it easy when shoveling



Keep generators at least 20 feet from your home

TIPS SO YOU DON'T SLIP



Icy surfaces can lead to serious injuries



1. Prevent Ice Formation

Salt walkways



2. Walk on non-icy surfaces

Surfaces that are salted or with traction



3. Wear proper footwear

Preferably rubber treads and extra grip



4. Take your time with each step

Slow, short steps are best

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Stay Safe This Winter!

Prairie Family Medicine

COLD IMPACTS:

Vulnerable Populations



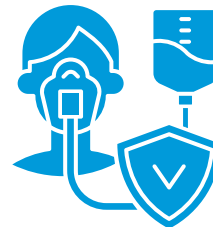
Newborns



Elderly



**Outdoor
Workers**



**Chronic
Illness**



Unhoused

Everyone is at risk from the dangers of the extreme cold, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



**Dress in loose
layers and cover
all exposed skin**



**Consume hot foods
and warm drinks,
but avoid caffeine
and alcohol**



**Limit or avoid
time outdoors**



**Check on family,
friends, and neighbors**

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