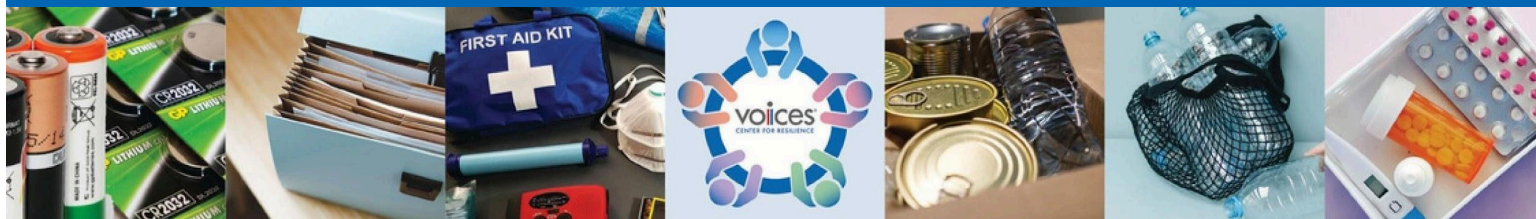


## ARE YOU PREPARED?



### Be Kind

**Be kind** as you think about your preparedness plans this winter. While February is a month that brings Valentine's Day into focus – it can also be a very lonely time for those who are isolated or have limited means for social interaction.

1. Check on your neighbors – especially those who are elderly or may need special assistance. If there is a power outage they may need assistance with medications, food and basic supplies.
2. Be a good neighbor, salt and shovel your sidewalks and paths to your home to make them safe and accessible for deliveries and those passing by.
3. Be aware of the best, snow-cleared accessible roads to essential services such as public transportation, hospitals and warming centers and share the info - don't get yourself stuck which could result in a diversion of important local resources.
4. Help elderly neighbors and your community by assisting with snow removal- avoid over exertion which could potentially cause injuries or even heart attacks.
5. Avoid carbon monoxide poisoning! Only use generators and grills outdoors and never near a window or other opening to the indoors. Alert neighbors if you notice they have a generator in a precarious location.
6. Pay attention to the needs and limitations of children in extreme weather.
7. Car gas tanks should never be less than half full when expecting a storm or power loss. Keep an emergency kit in the car, including jumper cables, sand, flashlight, warm clothes and blankets, bottled water and non- perishable snacks and a first-aid kit.
8. Become familiar with signs of and basic treatments for frostbite and hypothermia so you can help family, friends, neighbors and your community.

**Frostbite** causes loss of feeling and color around the face, fingers and toes. Signs include numbness white or grayish yellow skin, and firm or waxy skin. To provide help go into a warm room, soak in warm (not hot) water. Use body heat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. An internal body temperature of below 95 degrees is an emergency. Signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. If these symptoms present – go to a warm room and start warming the body – starting at the core first (chest then neck and head, and groin). Keep dry and wrapped in blankets and layers of clothing – don't forget to include the neck and head.

**From 9/11 to today, VOICES helps families and communities heal after tragedy.**

Voices Center for Resilience provides long-term support and resources that promote mental health care and wellness for victims' families, responders, and survivors, and assists communities preparing for and recovering from traumatic events.

Voices Center for Resilience, formerly Voices of September 11<sup>th</sup>, is a 501(c)(3) nonprofit organization.

For information, resources,  
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