

## PREPARING FOR A WINTER STORM

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When preparing for a winter storm, make sure you have:

- A flashlight
- A fully charged cell-phone
- Battery powered radio or TV
- Extra food, water and medicine
- First Aid supplies
- Heating fuel
- Emergency heating source
- Fire extinguishers
- Functional Carbon Monoxide and smoke detectors

## 72 HOUR EMERGENCY KIT

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A 72 hour Emergency Kit is a collection of basic items your family may need in the event of an emergency. Emergency kits should be easily accessible and include important supplies for you and your family for at least three days.

<https://www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx>.

For additional information on  
Emergency Preparedness  
contact the Regional District of  
Bulkley-Nechako.

[www.rdbn.bc.ca](http://www.rdbn.bc.ca)  
1-800-320-3339  
250-692-3195



[Bulkley Nechako Emergency Info](#)

[www.rdbn.bc.ca/protectiveservices](http://www.rdbn.bc.ca/protectiveservices)



## PREPARING FOR WINTER

Winter storms can bring dangers of high winds, extremely low temperatures, heavy snowfall, or freezing rain. Periods of extreme cold cannot be predicted in advance, but weather forecasts can sometimes provide you with some notice. Listen to the weather forecast regularly and check your emergency supplies whenever a winter storm is predicted.

## LIVESTOCK OWNERS

- Move all animals to an enclosed shelter.
- Bring extra feed to nearby feeding areas.
- Have an extra water supply easily available.



## WINTER STORMS CHECKLIST

- Insulate walls and attic.
- Caulk and weather-strip all outside doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls.
- Install an outdoor thermometer.
- Repair all roof leaks and cut away tree branches that may fall.
- Keep your vehicle fueled up to minimize the risk of the fuel line freezing.
- If you go away, leave the heat on in your home to keep the temperature above 12°C.
- Check your 72-hr emergency kit for any items that need to be replaced.
- Ensure your vehicle's emergency kit has fresh water and food before you travel



**SIGN UP FOR  
BULKLEY - NECHAKO  
EMERGENCY & PUBLIC ALERTS  
AT [www.rdbn.bc.ca](http://www.rdbn.bc.ca)**

## DURING A WINTER STORM

During a winter storm, the following tips will help keep you and your family safe:

- Stay indoors if possible.
- Select a location where you can keep warm, such as the side of the house that receives the most sunlight and is away from cold winds.
- Avoid heat loss by closing off unneeded rooms and stuffing towels in cracks underneath doors.
- Cover the windows at night.
- Keep your water running at a trickle to prevent your pipes from freezing.
- Keep kitchen and bathroom cabinet doors open to allow warmer air to circulate around plumbing.
- Wear layers of loose-fitting, light weight and warm clothing.
- Eat and drink regularly to prevent dehydration.
- If caught outside in a blizzard, seek shelter and wait until the storm passes.
- Avoid overexertion when shoveling snow.