



American Red Cross
New Jersey Region

10 Winter Safety Tips to Help You Weather the Storm



Parts of our region could experience some severe winter weather. We have tips to help you weather the storm.

You can download the free [Red Cross Emergency App](#) to receive emergency alerts and information about what to do before, during and after winter storms. Users can find it in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

WINTER SAFETY TIPS

1. Check your [emergency preparedness kit](#) and restock and replace items as needed. Have at least a three day supply of water and non-perishable, easy to prepare food as well as a seven day supply of medications.
2. If you need to go outside, dress in layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing body heat.
3. Winterize your vehicle and keep the gas tank full. A full tank will help keep the fuel line from freezing.
4. Bring the pets indoors. If that's not possible, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
5. Avoid frozen pipes - run water, even at a trickle, to help prevent them from freezing. Keep the thermostat at the same temperature day and night to help avoid freezing pipes.
6. Do not use a stove or oven to heat the home.
7. Space heaters should sit on a level, hard surface and anything flammable should be kept at least three feet away.
8. If using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
9. Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
10. Keep cell phones charged and flashlights handy in the event of a power outage.

For more information about winter storm safety, visit redcross.org/prepare and see our [10 Driving Tips to Keep you Safe this Winter](#).