

The National Weather Service has issued a *Blizzard Watch* for all of Long Island beginning tomorrow through Tuesday night. This serious winter storm may bring 18-24+ inches of snow along with high winds and white-out conditions. Please prepare yourself and your family.

- **In case of emergency, dial 911.**
- **For important, non-emergency storm information after the storm begins, please contact the Suffolk County Office of Emergency Management at (631) 852-4900.**
- **For police-related, non-emergency calls dial (631) 852-COPS.**

Here is a list of useful tips to help you prepare for this storm and other winter weather:

#### **EMERGENCY SUPPLIES (Provided by the American Red Cross)**

- Prior to storm, make sure you have emergency supplies on hand in your home.
- Critical supplies include food, water, flashlights, batteries, a first aid kit, baby supplies, medications, pet supplies, a crank radio, cash and cell phone chargers.
- Make sure your cell phones are charged.
- For more information, visit the American Red Cross website at <http://www.redcross.org/news/article/ny/new-york/Greater-NY-Red-Cross-Urges-Residents-to-Prepare-for-Winter-Storm-Severe-Weather->

#### **WINTER STORM/COLD WEATHER SAFETY**

- Listen to a NOAA Weather Radio or other local news channels for critical information on snow storms and blizzards from the National Weather Service (NWS).
- Avoid driving when conditions include sleet, freezing rain, snow or dense fog.
- If travel is necessary, make sure you have a disaster supplies kit in your vehicle which includes: shovel, blanket, flashlight, water, snacks, first aid kit, extra batteries, sack of sand or cat litter.
- Keep the gas tank full. A full tank will keep the fuel line from freezing.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- When shoveling snow, take frequent breaks to avoid risk of injury or cardiac arrest.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Bring pets inside during winter weather.
- Make sure coats, gloves or mittens, hats, boots and warm clothing are available for all household members, along with extra blankets.
- Eat regular meals and stay hydrated, but avoid caffeinated or alcoholic beverages.

**HOME HEATING SAFETY** Heating fires are the second leading cause of home fires.

- Keep all potential sources of fuel like paper, clothing, bedding or rugs at least three feet away from space heaters, stoves, or fireplaces.

- Portable heaters and fireplaces should never be left unattended. Turn off space heaters and make sure any embers in the fireplace are extinguished before going to bed or leaving home.
- If you must use a space heater, place it on a level, hard and nonflammable surface (such as ceramic tile floor), not on rugs or carpets or near bedding or drapes. Keep children and pets away from space heaters.
- Never use a cooking range or oven to heat your home.
- Keep fire in your fireplace by using a glass or metal fire screen large enough to catch sparks and rolling logs.

### POWER OUTAGE SAFETY

- Use flashlights for light, not candles.
- Keep the refrigerator and freezer doors closed as much as possible. Check refrigerated food for spoilage and if in doubt, throw it out. Your refrigerator will keep cold for about 4 hours. If the freezer is full, it will keep its temperature for about 48 hours.
- Have coolers on hand and surround your food with ice in the cooler or refrigerator to keep food cold for a longer period of time. Keep the refrigerator and freezer doors closed as much as possible.
- Turn off and unplug all unnecessary electrical equipment and any appliances, equipment or electronics to avoid damaging them when the power is restored.
- Avoid unnecessary travel as traffic lights will be out and roads congested.
- Watch animals and keep them under your direct control.
- **USING A GENERATOR** If someone is planning to use a generator, never use it indoors, including in a garage, carport, basement, crawlspace or other area, even with ventilation. Generators put off carbon monoxide fumes, which can be deadly.

For more information on emergency preparedness, visit [www.redcross.org/prepare](http://www.redcross.org/prepare).

With extreme winds expected, power outages are likely. For information on how to report outages, you can log on to:

<https://www.psegliny.com/page.cfm/CustomerService/ReportOutage>

Please take time to read the follow resources to best prepare yourself and family for storm:

<https://www.psegliny.com/page.cfm/CustomerService/StormCenter/StormSafetyPrepared/PrepareHome>

***Once you have prepared, please check on family members and neighbors!!***

## **The Three P's of Safe Winter Driving**

**PREPARE** for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

With extreme weather forecasted please take a moment to read these tips on driving safely in the snow from NHTSA and OSHA. Being prepared can help make a trip safer, and help you in the event of an emergency.

## **PREPARE**

- **Maintain Your Car:** Check the battery, tire tread/pressure, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
- **Have On Hand:** flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. *For long trips, add food and water, medication and cell phone.*
- **Stopped or Stalled?** Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.
- **Plan your route:** Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time. If road conditions are hazardous, wait until road and weather conditions improve before venturing out in your vehicle.

## **PROTECT YOURSELF and PREVENT CRASHES**

- Buckle up and use child safety seats properly.
- Slow down and increase distances between cars.
- Keep your eyes open for pedestrians walking in the road.
- Before you drive, remove snow and ice from all of your vehicle's windows and mirrors and keep them clean to maintain the best visibility. Be sure to clear snow and ice from your vehicle's roof and hood to ensure good visibility for both you and following motorists.
- Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.

***Drugs & alcohol never mix with driving. If you are planning to drink, designate a sober driver.***

(These safety tips and helpful information were compiled with help from Legislator Doc Spencer's staff. Thank you!!)