

# CONQUER THE COLD



Winter in New York City can turn dangerous quickly so now is the time to prepare. Extreme cold, snow, ice, sleet, and freezing rain can shut down roads, cause power disruptions, and put lives at risk. As temperatures drop, the risk of fires and carbon monoxide poisoning rises.

Here's how to stay safe this winter:

## Make a Plan

- Make a household emergency plan so everyone knows how to stay in touch and what to do.
- Be ready to shelter in place when it's unsafe to go outside; follow official travel bans.
- Use space heaters safely: Keep them at least three feet away from anything flammable. Always plug them directly into a wall outlet
- Never use your stove or oven to heat your home.
- Dress in warm layers and cover exposed skin during extreme cold.

## Gather Supplies

- Build a stay-at-home kit for at least seven days. Include:
  - Non-perishable food, water, and basic sanitation items.
  - Medications and first aid supplies.
  - Warm clothing and blankets.
  - Flashlights, extra batteries, and power banks.
  - Extra water for drinking and sanitation in case plumbing freezes or service is disrupted.
  - Regularly check that your smoke and carbon monoxide alarms are working.
  - Use flameless candles for religious observances and flashlights during power outages to prevent fires.
  - Keep a fire extinguisher in your home.

## Stay Informed

- Text NOTIFYNYC to 692-692 for emergency alerts. Then reply with your ZIP code. You can also visit: [nyc.gov/notify](http://nyc.gov/notify) to sign up.



- Check on neighbors, especially older adults, people with disabilities, and those living alone.
- Learn more about winter preparedness by visiting: [on.nyc.gov/WinterWeather](http://on.nyc.gov/WinterWeather) or scanning the QR code:



## Spot the Signs of Frostbite & Hypothermia

Frostbite: pale, numb, or waxy skin and Hypothermia: shivering, confusion, or slurred speech.

Call 911 immediately if these symptoms appear.



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