

## Region 2 Individual Preparedness Activities

### Scenario 11: Winter Storm

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A key element to successfully responding to and recovering from a major disaster is the overall preparedness of individual citizens and their families. With that in mind, we invite you to participate in a series of ‘What would you do?’ scenarios with your loved ones to assess your level of preparedness. These tabletop activities are intended to be low-stress conversation starters to be discussed, as the name implies, around your dinner table. We do not want to know your results. Following the situation, we have included some discussion questions for the activity, as well as some helpful links to enhance your individual preparedness.

**Scenario:** It’s that time of year again — end-of-year deadlines, New Year’s resolutions, and get-togethers with family and friends. You just experienced a light snowfall of about an inch, but meteorologists are warning of a major storm that could bring up to two feet of snow, followed by a drastic drop in temperature that will cause freezing. The temperature dropping rapidly, so you decide it is time to prepare.

#### Discussion Questions:

1. What supplies do you have in your family emergency kit for use in the wintertime?
2. Do you understand what the following terms mean: **Winter Weather Advisory, Winter Storm Watch, Winter Storm Warning, and Blizzard Warning**?
3. What is a **Code Blue**? How can you prepare?
4. What are the signs of hypothermia and frostbite?
5. What steps can you take to ‘winterize’ your car? What items do you (or should you) keep in your car for an emergency? What steps can you take to ‘winterize’ your home?
6. What precautions should you take for your pet during extreme cold and snowstorms?
7. How can you reduce the threat of carbon monoxide poisoning?
8. What actions can you take to stay safe during the snowstorm and lower temperatures?
9. What actions should you take if you are caught in a major snowstorm while driving?
10. Do you have a generator? If so, review and discuss proper installation, placement, and use with your loved ones. How might a power outage affect important devices in your home? Think of your refrigerator, garage door, alarm system, medical devices, etc.
11. What steps should you and your family take to avoid injuries during a power outage?
12. How can you find out where the closest shelter is, in case you lose power and need a place to stay warm overnight? Do you have a Go-Kit for your family and/or pet(s)?
13. Does anyone in your family have any special needs (such as medical, emotional or physical needs, or limited English proficiency) that might present challenges if you had to stay at a shelter? If so, have you prepared a special plan for them?

#### Time to see how you did!

To learn more about this scenario and to check your plan, please visit: <https://www.ready.gov/winter-weather>. Discuss with your loved ones what steps you think you should take to improve your safety in the event a winter storm occurs.

**Helpful Links:** To learn more about winter weather preparedness, please visit: [https://www.cdc.gov/winter-weather/about/index.html?CDC\\_AAref\\_Val=https://www.cdc.gov/disasters/winter/psa/index.html](https://www.cdc.gov/winter-weather/about/index.html?CDC_AAref_Val=https://www.cdc.gov/disasters/winter/psa/index.html)