



# Blizzard

What to do before, during and after a blizzard or extreme winter storm. Print it and keep it with your kit.

## Before (preparation)

- Build a **supply of food, water and medications** for at least three days, choosing items that need no cooking.
- Keep a **flashlight** and a **battery or wind-up radio** with spare batteries in a fixed, known spot.
- Have **warm layers, blankets and an alternate heat source** ready in case the power goes off.
- Keep a **winter kit in the car** (blanket, shovel, sand or grit, warm boots) in case you get stranded.
- Know how to **follow Environment Canada warnings** by weather radio and phone alerts.
- Top up the **power bank** and keep a little cash, since outages can take out card machines.

## During the storm

1. **Do not travel.** Stay home and off the roads; whiteout conditions and drifting snow make driving extremely dangerous.
2. **Heat one room** and keep the family together there, closing off rooms you are not using to save warmth.
3. **Dress in layers** and keep dry; wet clothing pulls heat away from the body fast.
4. **Never run a generator, barbecue or fuel-burning heater indoors** or in the garage. They give off carbon monoxide, an odourless gas that can be deadly.
5. **Listen to Environment Canada and local updates** on a battery or wind-up radio for road closures and advisories.
6. **Watch for frostbite and hypothermia:** numb or white skin, shivering, confusion or drowsiness. Warm the person gradually and call 911 if it is serious.

## If it lasts (extended storm or outage)

- Keep one room warm and **ration your fuel and power bank** for essentials only.
- Check that **cold food is still safe** if the power is out, and keep the fridge and freezer closed.
- Check on neighbours** who live alone, older adults, and anyone who relies on electric medical equipment.
- Find out whether your municipality has opened a **warming centre** and listen for updates on the radio.

## After

- Restock what you used:** food, water, batteries, medications and the power bank charge.
- Clear snow carefully and **watch for ice and downed power lines;** treat every fallen line as live.
- Note what you ran short of, so you can improve your kit before the next storm.

**Safety:** never run a generator, barbecue or any fuel-burning device indoors, in a garage or in an enclosed space. They release carbon monoxide, an odourless and invisible gas that can cause serious or fatal poisoning.

## Get ready for a blizzard in your area

The planner sizes your kit by people and days.

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